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Exercise Training-Based Interventions for the Older Adult
(3 CE HOURS / .3 CEUs)

PDH Academy Course #PT-1803

Course Abstract

The benefits of proper exercise dosing are multiple for older adults across the aging spectrum, and extend beyond physical functioning. This course examines the evidence pertaining to exercise prescription: it begins with a review of aging physiology and several screening methods; continues with a discussion of general exercise recommendations for older adults; and concludes with a look at either end of the aging spectrum, moving from frailty on the one hand to senior athletes on the other.

NOTE: Links provided within the course material are for informational purposes only. No endorsement of processes or products is intended or implied.

Approvals

To view the states who approve and accept our courses, visit <https://pdhtherapy.com/physical-therapy/>.

Target Audience & Prerequisites

PT, PTA – no prerequisites

Learning Objectives

By the end of this course, learners will:

- Recall physiological changes relevant to the aging process
- Recognize assessments used to determine the functional ability of older adults
- Distinguish between evidence-based findings supporting flexibility exercise, strength training, power training, and endurance training, as well as multi-component exercise programs
- Identify evidence pertaining to exercise recommendations for older adults across the aging spectrum

Timed Topic Outline

- I. Review of Aging Physiology (15 minutes)
 - Changes in Joint Structures, Changes in Bone, Changes in Muscle, Cardiovascular Changes, Pulmonary System Changes
- II. Screening of Older Adults (15 minutes)
- III. General Exercise Recommendations (75 minutes)
 - FITT (frequency, intensity, time, and type) Principles, Flexibility Exercise, Strength and Power Training, Endurance Training, Multi-component Exercise Programs

- IV. Frailty and FITT Principles (30 minutes)
Exercise Prescription for Frail Older Adults
- V. Senior Athletes and FITT Principles (30 minutes)
Exercise Prescription for Senior Athletes
- VI. Conclusion, References, and Exam (15 minutes)

Delivery Method

Correspondence/internet self-study with a provider-graded multiple choice final exam. *To earn continuing education credit for this course, you must achieve a passing score of 80% on the final exam.*

Cancellation

In the unlikely event that a self-study course is temporarily unavailable, already-enrolled participants will be notified by email. A notification will also be posted on the relevant pages of our website.

Customers who cancel orders within five business days of the order date receive a full refund. Cancellations can be made by phone at (888)564-9098 or email at support@pdhacademy.com.

Accessibility and/or Special Needs Concerns?

Contact customer service by phone at (888)564-9098 or email at support@pdhacademy.com.
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Course Author Bio and Disclosure

Kerstin Palombaro, PT, PhD, CAPS, is Associate Professor and Community Engagement Coordinator at the Institute for Physical Therapy Education at Widener University in Chester, PA. She received her BS in psychology from St. Joseph's University, her Masters of Science in Physical Therapy from Columbia University, and her PhD in Physical Therapy from Temple University. She is a Certified Aging in Place Specialist.

Dr. Palombaro serves as an Associate Editor for the Journal of Geriatric Physical Therapy and a Member of the Editorial Board for the Journal of Physical Therapy Education. She has published peer-reviewed research on topics related to osteoporosis, hip fracture, and the impact of community engagement on student learning outcomes. The primary focus of her clinical practice is with older adults in home and home hospice settings. Her teaching in the areas of community health and health and wellness promotion emphasizes serving client through best practices in geriatrics.

DISCLOSURE: Financial – Kerstin Palombaro received a stipend as the author of this course.
Nonfinancial – No relevant nonfinancial relationship exists.