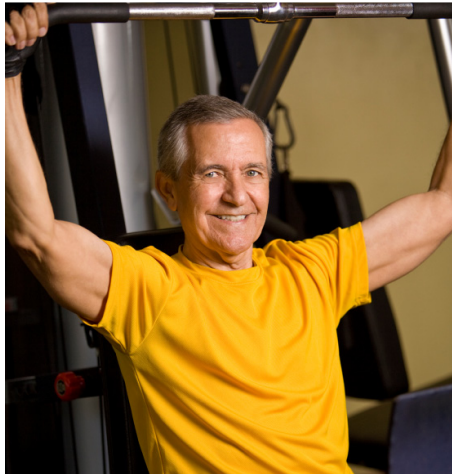


# Certified Exercise Experts for Aging Adults

## 3 COURSE SERIES



# Background and Description

Evidence for the benefits of effective exercise programs for the full spectrum of aging adults is overwhelmingly positive. The unique role of the physical therapist in providing these programs is unequivocal. Further education can enhance the ability of physical therapists to incorporate evidence into practice in order to appropriately examine and provide the quality of exercise that will yield optimal benefits for the aging adult. The Section on Geriatrics, in adopting the position that physical therapists should be the exercise experts for aging adults, is a leader in providing physical therapists with a mechanism to develop and demonstrate expertise in the design and delivery of effective exercise programs for aging adults.

All PTs with the CEEAA credential will demonstrate expert clinical decision-making skills in: (1) designing and applying an effective examination and exercise prescription; and (2) measuring the effectiveness and reflecting the current evidence of exercise for all aging adults. The process to attain the credential of CEEAA is to complete formal didactic education and to participate in supervised and mentored skills development, home-based reflection and critical thinking. Three courses of two days each will address evidence-based examination and different and increasingly complex aspects of exercise design and delivery. The three courses are designed to build on each other; however, Courses 1 and 2 may be taken out of sequence.

## Exercise Certification Series Course 1: Introduction and Examination (Tests and Measures)

This course will cover the anatomical and physiological changes that occur with aging, including disease and disability, and the effects of inactivity on these changes. The best tests and measures for the examination of aging adults will be detailed, including tests of: aerobic capacity/endurance; anthropometric characteristics; arousal, attention and cognition; gait, locomotion and balance; muscle performance; posture; range of motion; sensory integrity; vestibular; and multipurpose. Participants will perform test and measures throughout the course.

## Exercise Certification Series Course 2: Exercise Prescription and Consensus Guidelines

This course will cover the beneficial responses to exercise for several body systems. The principles for safe and effective exercise for the aging adult will be addressed. Participants will be able to provide an exercise prescription for the aging adult, including training for aerobic conditioning/endurance; balance, coordination and agility; flexibility; gait and locomotion; and muscle strength, power and endurance. Practice sessions will be incorporated into the course.

## Exercise Certification Series Course 3: Special Populations, Complementary Exercises, Motivation, Drug and Nutritional Considerations, and Marketing

This course will provide information on exercise for special populations (e.g., those with cancer, frailty, and obesity and those with cardiovascular, endocrine, gastrointestinal, musculoskeletal, neuromuscular and pulmonary disorders). Barriers to effective exercise prescription and motivational strategies for overcoming these barriers will be discussed. The effects of medications commonly used by aging adults and their effects on exercise performance will be reviewed. Nutritional screening and requirements for the exercising aging adult will be provided. Complementary exercises will be discussed including aquatics, tai chi, yoga and Pilates. Participants will have the opportunity to perform some of the complementary exercises. Discussion of equipment needs, marketing and reimbursement will facilitate participants' ability to provide programs in their own clinical settings.

There will be a home-based written examination for Courses 1, 2 and 3. The skills test for the content of Course 1 will be performed on site during Course 2 or 3. If a participant does not achieve a passing grade on the skills test, they will be given the opportunity to retake the examination prior to the completion of Course 3. All home-based written examinations must be completed within six weeks of taking the related course. A participant must achieve minimum criteria in both the skills and didactic assessments to progress to the next level; however, a person may elect to take a course without being tested.

After the successful completion of the three courses, the three home-based examinations and the skills test, the participant will receive a certificate and specially designed pin to recognize the certification.

## CEEAA Faculty

### Course Series Faculty (partial listing):

Marilyn Moffat, PT, DPT, PhD, FAPTA, CSCS, CEEAA

Karen Kemmis, PT, DPT, MS, CDE, CEEAA

Mark Richards, PT, MS, CEEAA

Jill Heitzman, PT, DPT, GCS, CWS, FCCWS, CEEAA

William Staples, PT, DPT, DHS, GCS, CEEAA

Danille Parker, PT, DPT, GCS, CEEAA

(Schedule for instructors for each course to be determined.)

# Objectives

Upon completion of this certification program, you will be able to:

- Describe demographics related to aging adult populations, including disease trends and disability
- Advocate for physical therapists being the ideal professionals to work with aging adults
- Discuss the anatomical and physiological changes in the aging adult
- Select and perform the best tests and measures for examination of aging adults
- Analyze the beneficial responses to exercise for each body system
- Provide a safe and effective exercise prescription for the aging adult, including training for aerobic conditioning/endurance; balance, coordination, and agility; flexibility; gait and locomotion; and strength, power, and endurance
- Recognize barriers to effective exercise prescription and provide motivational strategies for success
- Explain the effects of medications on exercise performance
- Describe principles of aquatic, tai chi, yoga, and Pilates exercises for aging adults and how to integrate them into exercise programs
- Prescribe evidence-based exercise programs for specific aging populations
- Discuss nutritional requirements for the exercising aging adult
- Discuss equipment needs, marketing, and reimbursement for exercise programs for aging adults

# Additional Information

[www.geriatricspt.org](http://www.geriatricspt.org)

Please go to the Section on Geriatrics home page and under the Education link, click on CEEAA for answers to questions, including:

- Who can participate in this process and earn the CEEAA?
- When will the CEEAA courses be available?
- Will this coursework count towards the Geriatric Specialization examination?
- Why should I go through this process?
- What is the fee for the testing for the CEEAA?
- What type of testing is involved in the CEEAA?

## Cancellation Policy

Request for cancellations must be received in writing three weeks prior to the course. Registration will be refunded in full less a \$50 administrative fee. The Section on Geriatrics reserves the right to cancel the course up to two weeks prior to the course. In the event that the course should be cancelled, registration will be refunded in full. In the event of cancellation due to circumstances beyond our control, the Section on Geriatrics is not responsible for expenses incurred by the registrants including but not limited to the cost of airline tickets, other travel, food or room.

# Dates and Locations

# 2012-2013

All courses will be conducted from 8:00 am – 5:00 pm. Each weekend course = **15 contact hours**

### St. Louis Park, MN (Minneapolis)

Heart & Vascular Center  
Methodist Hospital Campus  
6500 Excelsior Blvd.  
St. Louis Park, MN 55406

**Course 1:** June 23-24, 2012

**Course 2:** December 1-2, 2012

**Course 3:** March 23-24, 2013

### Kansas City, KS

The University of Kansas  
Medical Center  
3901 Rainbow Blvd.  
Kansas City, KS 66160

**Course 1:** July 7-8, 2012

**Course 2:** August 11-12, 2012

**Course 3:** September 22-23, 2012

### Huntington, WV

Marshall University  
Department of Physical Therapy  
2847 5th Ave.  
Huntington, WV 25702

**Course 1:** April 13-14, 2013

**Course 2:** June 15-16, 2013

**Course 3:** July 20-21, 2013

**CEEAA Course Series is coming to the Seattle/Portland area in late 2012 or early 2013 and to Chicago in 2013. Watch for updates at [www.geriatricspt.org](http://www.geriatricspt.org)**



3510 East Washington Avenue  
Madison, Wisconsin 53704-4115

## REGISTRATION

Please detach and mail to: **Section on Geriatrics** • 3510 East Washington Ave • Madison, WI 53704-4115  
or Fax: **608-221-9697** • Questions? Call **866-586-8247**

Registration Type	Single Course Fee	Fee for Complete Course Series (One payment)
<b>Section on Geriatrics Member</b>	<b>\$475</b>	<b>\$1,275 (save \$150)</b>
<b>APTA Member</b>	<b>\$525</b>	<b>\$1,425 (save \$150)</b>
<b>Non-Member</b>	<b>\$575</b>	<b>\$1,575 (save \$150)</b>

Subtotal \$ \_\_\_\_\_ + \$75 Take Home Exam Fee per Course (\$225 for all 3) = Total \$ \_\_\_\_\_  
Please review cancellation policy – page 3

Course 1: Location \_\_\_\_\_ Date \_\_\_\_\_

Course 2: Location \_\_\_\_\_ Date \_\_\_\_\_

Course 3: Location \_\_\_\_\_ Date \_\_\_\_\_

Name \_\_\_\_\_ APTA Member # \_\_\_\_\_

Credentials:  PT  PTA Other \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Daytime Phone # \_\_\_\_\_ Email \_\_\_\_\_

Method of Payment:  Check (payable to Section on Geriatrics)  VISA  MasterCard  Discover

Credit Card # \_\_\_\_\_ Expiration Date \_\_\_\_\_ 3-Digit Code \_\_\_\_\_

Billing Address (if different than above) \_\_\_\_\_

Signature \_\_\_\_\_