



Physical Activity Instruction of Older Adults

C. Jessie Jones, Debra Rose

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Physical Activity Instruction of Older Adults is the first book to detail the fundamental knowledge and skills associated with the training modules outlined in the International Curriculum Guidelines for Preparing Physical Activity Instructors of Older Adults. The curriculum guidelines, published in 2004, were developed by an international coalition of senior fitness specialists.

Physical Activity Instruction of Older Adults presents the competency-based objectives that fitness instructors should know and be able to perform to lead safe and effective physical activity programs for older adults with diverse functional capabilities.

A comprehensive blend of theory, practical content, and detailed instruction, the text is organized into five parts:

Part I introduces the new field of gerokinesiology; provides an overview of the aging process; and discusses the benefits of an active lifestyle in disease prevention, health promotion, and quality of life.

Part II provides information and guidelines for preexercise screenings and assessments, client feedback, and goal setting.

Part III focuses on the core fitness and skill components of a well-rounded physical activity program for older adults, including warm-up and cool-down, flexibility and resistance training, aerobic exercise, and balance and mobility training.

Part IV introduces specialty program and training methods, including exercise such as yoga, aquatic exercise, and master athlete training.

Part V covers how to apply principles of motor learning to program design; teaching, leadership, and motivational skills; special considerations for specific medical conditions; and legal and professional ethics and standards for instructors.

Application activities at the end of each chapter help the reader to synthesize the information and prepare them to design well-rounded physical activity programs for older adults. Other student-friendly elements include chapter objectives, introductions, summaries, study questions, key terms, and key points. In addition, numerous photos, figures, and tables make the book not just interesting, but visually appealing as well. This book is ideal for undergraduate students, and it is an excellent reference for physical activity instructors of older adults, fitness specialists, personal trainers, and activity directors.

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