



Academy of Geriatric Physical Therapy

CANCELLED

Advances in Exercise for the Older Adult: A PTA Focus Course

November 18-19, 2017

8 am – 4:40 pm both days

Approved by FPTA for 14.5 Contact Hours

Seminole State College of Florida

850 S. State Road 434

Altamonte Springs, FL 32714

Course Description

This 2-day course will focus on the Physical Therapist Assistant's (PTA) use of exercise as an advanced rehabilitation intervention for the aging adult. Several common functional outcome measures will be actively performed by participants or demonstrated by instructors. The physical stress theory regarding proper exercise intensity will be presented. PTA's will learn how to utilize this concept in exercise programs for aging adults, as indicated by the physical therapy (PT) plan of care (POC), for aerobic conditioning, balance, gait and strength training. A variety of diagnoses commonly treated in aging adults will be reviewed and discussed relative to the application of exercise principles, treatment progression, and precautions. A discussion of barriers and motivation strategies to assist the aging adult in achieving goals will be included. The course will include both lecture and hands-on practical lab activities. **Maximum number of participants is 60.**

Course Objectives

Upon completion of this course, the participant will be able to:

1. Discuss the impact of issues related to the aging population on the physical therapy plan of care.
2. Discuss the importance and benefits of exercise and physical activity for the aging adult.
3. Administer and accurately record the results of a variety of single and multi-dimensional functional outcome tests and measures that include aerobic, balance, gait, strength, range-of-motion, anthropometric and self-reported measures.
4. Utilize the physical stress theory when performing and modifying prescribed exercise programs for aging adults.
5. Identify barriers to the aging adult performing the exercise program and behavioral strategies to overcome these barriers.
6. Safely progress an exercise program within the physical therapy plan of care for aerobic conditioning, balance, gait, flexibility and strength training.
7. Demonstrate knowledge of community complementary programs that can assist in achieving the desired outcomes.

Registration

Please fill out and mail to: **Academy of Geriatric Physical Therapy** • 3510 East Washington Ave • Madison, WI 53704-4115 or **Fax: 608-221-9697** • Questions? Call 866-586-8247

****Register 3 weeks before course start date and receive Early Bird Pricing****

Member Type	Rate
AGPT Member - Early Bird (Register by 10/28)	\$375
Non-Member - Early Bird (Register by 10/28)	\$425
APTA Member (After 10/29)	\$400
Non-Member (After 10/29)	\$450

Name _____ Email _____

Are you an Academy of Geriatric Physical Therapy Member? Yes No APTA Member # _____

Address _____

City _____ State _____ Zip Code _____ Daytime Phone # _____

Method of Payment: Check (payable to AGPT) VISA MasterCard Discover Amount to Charge \$ _____

Credit Card # _____ Expiration Date _____ 3-Digit Code _____

Billing Address (if different than above) _____

City _____ State _____ Zip Code _____ Daytime Phone # _____

Signature _____



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