Course Title: Functional Training for All Ages

Produced by: Fitness Learning Systems
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Course Type: e-Learning Home Study

Credit hours: AEA 3.0, ACSM 3.0, ATRI 0.3, COPS-KT 0.3,
NFPT 1.0, NCSF 1.5, YMCA 3.0, NSPA 3.0, NSCA 0.3

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With a BA in Exercise Science and MA in Gerontology, Sandy also maintains certification through NSCA as a CSCS (certified strength and conditioning specialist), ACE Personal Trainer and Group Exercise Instructor, and Aquatic Therapy and Rehab Association (ATRIC). She is an adjunct professor in the department of human performance, international conference presenter/educator/author, and the Director of Operations for Alliance Rehab’s SeniorFITness Division. She has over 18 years of experience in the fitness industry. She has produced 4 videos, authored and co-authored learning CD’s through Fitness Learning Systems.

Course Summary:

The term “functional fitness” is a broadly applied concept that can be simply defined as the level of fitness and body preparation needed to complete activities of daily need and desire without undue stress or fatigue. Athletes are “functionally” and “specifically” conditioned to optimize performance levels while seniors need to be functionally prepared to perform basic A.D.L’s, (or Activities of Daily Living) which can include ambulation, transfer, bathing, dressing, and general personal and home care. This course integrates concepts from ADL based training and applies it to all ages. The application of multiple strategies, drills, and methods of training allow individuals of all ages to become functionally prepared for life. Multi-plane and multi-sensory methods will be addressed through a science-based, practical approach to understanding an integrated body approach.
Objectives:

Upon completion of this course, you will be able to:

1. Understand how the concept of functional training applies to activities for all ages.
2. Explore aspects of training and application in multi-planar activity.
3. Gain both practical ideas and a recipe for success.
4. Apply concepts of kinesiology, biomechanics, and movement science to specific activities of interest.
5. Be able to integrate principles of skill development and progression into training programs.

Outline:

Definition
History of Functional Fitness
Fundamentals of Training:
   Balance and Posture
   Push and Pull
   Change Direction and Create Rotational Force

Components of Fitness and Function
Fundamentals of Skills and Motion:
   Basic Locomotion
   Skill Progression
   Skill Classification
   Training
   Training Program

Review and Apply the Concepts (Exercise 1):
   Skill 1
   Skill 2
   Skill 3

Muscle System Response
Review and Apply the Concepts (Exercise 2):
   Fundamental Movement Review
   Movement at Primary Joints Review
   Major Muscles of the Body Review
   Skill 1
   Skill 2
   Skill 3

Objectives of Functional Training:
Injury Prevention
Training Criteria Questions
Overtraining

Adaptations to Maximize Outcomes
Putting the Pieces Together
Practice and Apply the Concepts (Exercise 3):
  Range of Motion Analysis
  Stances
  Functional Exercise Series
  Exercise Tube Series

Bibliography:

1. Primal Pictures. Primal Pictures homepage