

Adapting Exercise for Independently Active, Older People

Summary

This course explores how fitness professionals can make a real difference to clients' lives by understanding the ageing process and prescribing safe and effective exercise. You will learn about bodily changes for people aged 65 and over (including muscular, skeletal, nervous and cardiorespiratory changes) and find out recommendations for physical activity. Using this knowledge, you will analyse the effects changes have on the body and plan an exercise session for older adults. You will also learn how to adapt certain exercises for older clients.

Course Provider	Health and Fitness Education (HFE) 7 & 8 Roundhouse Court, Barnes Wallis Way, Buckshaw Business Centre, Chorley, Lancashire PR7 7JN 0800 612 4067 www.hfe.co.uk
Qualification Accreditation	Qualification awarded by YMCA Awards backed by CIMSPA Ofqual qualification number 600/5879/1
Academic/vocational level	Level 3
PET entry requirements	Level 2 English, plus an accredited Level 2 fitness instructor qualification
Format of course material	Paper-based and digital format (PDF or Word).
Structure of course	<ul style="list-style-type: none"> • Chief Medical Officer recommendations for 65+ years physical activity • Understanding changes to the muscular, skeletal, nervous and cardiorespiratory systems • Analysing the effects changes in these systems have on the body • How to plan an exercise session for older clients • Safely adapting various exercises for older clients
Assignments	<p>There is a worksheet and a case study to complete. They are sent at the start of the course. They can be submitted at the same time where possible but can be completed separately if preferred.</p> <p>Course work will be marked with 7-days of receipt by post/email.</p>
Exam	<p>One multiple choice exam 45-minutes long, 30 questions.</p> <p>Exams are available all-year round.</p> <p>Exam fees are included in the course cost.</p> <p>Refer to 'Prison support requirements'</p>

Estimated completion time	40 hours
Maximum course duration	The course needs to be completed within 12-months. In case an extension was needed, prison staff to contact HFE directly.
Prison support requirements	Support assessment submission (ideally scan to the tutor or post). It is recommended to make copies in case assignments get lost; Help facilitate and invigilate exam. Contact supplier for more info on assignment submission or exam facilitation and course extension. See contact details are above in the 'Course provider' section.
Supplier tutor's support	There is supplier tutor support available to mark assignments and learners' consultations. Tutors can be contacted via prison staff or directly. See 'Contact provider' section for more details
Certificate	A certificate is provided upon successful completion.
Progress	Another HFE Level 3 course To discuss any progression routes, call our free Advice Line on 0800 048 7520 on Tuesdays (10-12pm and 2-4pm) and Thursdays (10am-12pm and 2-6pm).