



Beth Johnson
FOUNDATION
looking at ageing in new ways

Active in Age

Gentle Exercise Training Programme for Older Adults

Exercise and physical activity has an important part to play in promoting good health, management of illness and disease, functional independence and fitness, quality of life and the general confidence and autonomy of older adults. To engage this age group in contemplating and doing more physical activity it is important to make it accessible, safe effective and appropriate to meet their needs. Once this is achieved greater responsibility for ones health may occur.

The course is designed to equip volunteers, care workers and those within or having an interest in the care, health and fitness of older adults, with the underpinning knowledge and practical application to mentor and deliver physical activity sessions to older adults. Within the Course various issues are explored and actual demonstrations, participation and practice of the material is undertaken. The main areas that are covered include: Why target older adults to do physical activity; what we mean by older adults and how do we see this group in relation to exercise; benefits of physical activity for this age group; the changes to body in relation to the ageing process and how physical activity can help to offset, reduce and prevent the health issues associated with ageing; how to plan and put together a programme of exercise; guidelines on how and what to do for physical activity; barriers to participants; inclusion; adaptation of exercises, offering alternatives and progression; safety concerns and the exercise environment; practical applications of the underpinning knowledge.

With this input it is hoped that potential mentors and carers feel able to assist and motivate older adults to achieve a functionally fitter, healthier, more independent view of their physical and social well being which will promote increased quality of life and self-confidence.

This Physical Activity Training Programme is made up of units which accrue credits to achieve the Open College Network Certificate, level 2.

Summary of syllabus/course outline.

- Underpinning knowledge of exercise and physical activity
- Benefits of exercise/activity – personal, social and societal
- Anatomical/physiological changes of ageing
- Planning an exercise/activity session
- The exercise/activity environment
- Adaptations and alternatives
- Music and how to use it
- Training principles/ideas of good practice
- Demonstration/participation of exercises
- Your role in a physical activity programme
- Social inclusion
- Ageism and language
- Retirement/quality of life
- Nutrition

At the end of the course, the learner will be able to:

1. Understand the changes that take place in the body as we age
2. Understand the benefits of physical activity for older people
3. Understand the role of a mentor in physical activity sessions
4. Be aware of barriers to physical activity and ways of trying to challenge them
5. Plan a group session of physical activity for older people
6. Have some understanding of issues surrounding mixed ability groups
7. As a member, lead a session of physical activity for seniors
8. Demonstrate an understanding of the value of physical activity for the functional fitness of older people.
9. Use aids to enhance a physical activity session
10. Communicate effectively with participants

If you are interested and would like more information on this and other training opportunities please contact:

June Brammar, Project Co-ordinator email: junebrammar@bjf.org.uk

Jo Swinswood, Project Administrator email: jo@bjf.org.uk

Beth Johnson Foundation
Tel: 01782 844036