



Course Title:     **Functional Training for All Ages**

Produced by:    **Fitness Learning Systems**  
1012 Harrison Ave #3 Harrison OH 45030  
www.fitnesslearningsystems.com 1-888-221-1612

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

Author:

**Sandy Stoub BA, MA**

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

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