



Course Title: The Issue of Aging

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

Credit hours: AEA 3.0, ACSM 4.0, NSCA 0.3, ATRI 0.4, COPS-KT 0.4,  
NFPT 1.0, NCSF 2.0, YMCA 4.0, NSPA 4.0

Author:

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As a recognized industry leader, Sandy blends degrees in Exercise Science and Gerontology with over 18 years of fitness experience. Beginning as an instructor, her journey has included corporate fitness, consulting, hospital wellness, and management. Currently Sandy serves as President of Sanchuck Enterprises whose Xercze 2 division is known for providing in-depth education. An author, adjunct professor, award winning professional, and educator, her workshops and CEC programs are internationally requested. Sandy also shares her love of aquatics as an AEA training specialist and renowned conference presenter.

Course Summary:

The aging process is something people cannot escape; however, lifestyle choices can improve the quality of this process. A prominent theory describes aging as an inability to cope with stress and sees impairment as due to weakness of the immune system. While this theory has support, other gerontologists look at a more composite theory of aging; looking at factors contained in the environment. This course provides an overview of aging through physiological, psychological, and sociological perspectives. With a thorough understanding of the aging body, a fitness professional can design effective programs to meet the needs of students. Programming ideas and exercises are given for both land and water formats.

Objectives:

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

1. Understand key expectancy statistics and implications to today's aging population
2. Identify key changes in each physiological system of the body

3. Discuss importance of balance and equilibrium
4. Design multi-functional programs to meet a variety of needs
5. Discuss necessary adaptations

### Outline:

Two factors impacting longevity:

Nutrition  
Exercise

Aging demographics

Categories of aging

Myths associated with aging

General physiology of aging:

Integumentary  
Musculoskeletal  
Cardiovascular/Respiratory  
Nervous/Sensory

The balancing act

Social aspects of aging

Senior programming options:

Why water?  
Why land?  
Why not both?

Safety in program design

### Bibliography:

1. Ferrini/Ferrini: HEALTH IN THE LATER YEARS, Edition 2, Brown & Benchmark
2. Dychtwald: AGE WAVE, Bantam Books
3. DeVries/Hales: FITNESS AFTER 50, Scribner's Sons
4. Journal of Physical Activity and Aging, Human Kinetics
5. McCardle/Katch/Katch: EXERCISE PHYSIOLOGY, Lea & Febiger
6. Tortora/Grabowski: PRINCIPLES OF ANATOMY AND PHYSIOLOGY, Harper Collins