

## FUNCTIONAL EXAMINATION AND EVIDENCE-BASED EXERCISE PRESCRIPTION FOR AGING ADULTS

Marilyn Moffat PT, DPT, PhD, DSc, FAPTA

Geriatric Clinical Specialist, Certified Strength Conditioning Specialist,

Certified Exercise Expert for Aging Adults, Bone Fit Professional

Professor, New York University

עלות לחבר עמותה: 900 ₪. ללא חבר 1,200 ₪. לרישום **לחץ כאן**. לתקנון ביטולים **לחץ כאן**.  
24,25,26/3/2019 ( ימים א', ב', ג' ) בשעות 8:30-16:30 בי"ס לפיזיותרפיה אסף הרופא.

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### PART I - Functional Examination

*The objectives of this part include:*

1. *Comprehension of demographics related to older adult populations, including disease trends and growing disability*
2. Understanding of why physical therapists are the ideal professionals to work with aging adults
3. Knowledge of the anatomical and physiological changes in the aging cardiovascular/pulmonary, musculoskeletal, neuromuscular, hormonal, genito-urinary, and integumentary systems
4. Awareness of aging characteristics
5. Analysis of the functional requirements for community-living aging adults
6. Identification of the slippery slope of aging
7. Knowledge of the predictors of successful aging
8. Knowledge of the components of the physical therapist examination (history, systems review, tests & measures)
9. Knowledge of ways of choosing the best test and measure for examination of aging adults
10. Analysis of and skill in each of the following specific tests and measures:
  - a. Aerobic capacity/endurance
  - b. Anthropometric characteristics
  - c. Balance
  - d. Gait
  - e. Mobility
  - f. Mental function
  - g. Muscle performance
  - h. Posture
  - i. Range of motion
  - j. Sensory integrity
  - k. Multipurpose

## PART II - Exercise Prescription

*The objectives of this part include:*

1. Awareness of the functional markers of fun, function, frailty, and failure
2. Knowledge of the responses to exercises in each of the following areas:
  - a. Body systems
  - b. Morbidity/mortality
  - c. Quality of life/functional abilities
  - d. Old old/Frail elders/Critically ill
3. Analysis of the components of physical therapist exercise prescription
  - a. Warm-up/cool down
  - b. Physical stress theory
  - c. Exercise principles
  - d. Prescribing exercise [Frequency, Intensity, Time, Type (FITT)]
4. Analysis of and skill in each of the following areas of exercise for older adults:
  - a. Aerobic conditioning/endurance training
    - i. Definition
    - ii. FITT
    - iii. Progression
    - iv. Evidence
  - b. Balance, coordination, and agility training
    - i. Definition
    - ii. FITT
    - iii. Evidence
  - c. Posture training
    - i. Definition
    - ii. FITT
    - iii. Evidence
  - d. Flexibility training
    - i. Definition
    - ii. FITT
    - iii. Evidence
  - e. Gait and locomotion training
    - i. Definition
    - ii. FITT
    - iii. Evidence
  - f. Muscle performance training (strength, power, endurance)
    - i. Definition
    - ii. FITT
    - iii. Evidence

## **PART III – Motivation, Special Populations, Complementary Activities**

*The objectives of this part include:*

1. *Analysis of barriers to effective exercise prescription*
2. Understanding of the motivators for exercise
3. Knowledge of evidence-based practice for selected patient/client populations
  - a. Cancer
  - b. Cardiovascular disorders
  - c. Endocrine disorders
  - d. Musculoskeletal disorders
  - e. Neuromuscular disorders
  - f. Obesity
  - g. Pulmonary disorders
  - h. Frailty
4. Understanding of the physical principles of water and their clinical application
5. Knowledge of effects of and experience with complementary exercise adapted for aging adults
  - a. Yoga
  - b. Pilates
  - c. Tai Chi