



Educational Fitness Solutions  
instruction . training . support

## Online Professional Certificate in Personal Training & Group Exercise Training for Older Adults

### The Certificate Program

#### The Online Professional Certificate in Personal Training and Group

**Exercise Training for Older Adults** is a comprehensive Web-based program (with an Optional Field Internship course) designed to establish a national standard to ensure the development of safe and effective exercise programs for older adults by personal trainers, allied health/medical and fitness professionals, and the general public. The certificate program has been designed to incorporate curriculum standards from the "*International Curriculum Guidelines for Preparing Physical Activity Instructors of Older Adults*" in Collaboration with and endorsed by the World Health Organization. The program will supply essential educational pathways and job opportunities to begin a career working with senior/older adults in the emerging fitness/health industry; for established fitness professionals who desire advanced education in working with older adults; and for allied health and medical professionals from all fields seeking to design



specialized exercise and wellness programs for their older adult clients and patients. Graduating students will be prepared for a career working with older adults at senior centers, medically-based fitness facilities, retirement communities, YMCA/JCC's, hospitals, community wellness programs, personal training studios, physical therapy clinics, long-term care facilities, corporate fitness centers, collegiate settings, and private and commercial health clubs. In addition, the certificate will also prepare individual 50+ exercise enthusiasts in the development of a personalized program based on current research and organizational guidelines. The program is offered in partnership with the **International Council on Active Aging (ICAA)**, the **American Senior Fitness Association (SFA)**, the **Aquatic Exercise Association (AEA)**, and **Healthways SilverSneakers® Fitness Program**. Students graduating from the certificate program will receive a complimentary one-year membership to the ICAA which includes registration discounts to the annual International Active Aging Conference. In addition, graduating students will receive preferred discounts for the SFA's certification exams (Senior Personal Trainer Certification or the Senior Fitness Instructor Certification), the AEA's certification exam (Aquatic Exercise Association Fitness Professional Certification), and for Healthways Instructor Accreditation for Older Adult Exercise.



### Who Should Attend

The Certificate Program is for:

- (1) current allied health/medical and fitness professionals and personal trainers interested in developing safe and effective exercise programs for older adults
- (2) current fitness managers and directors wishing to manage and market new programs to older adults
- (3) education directors of multi-site facilities or chains training fitness professionals to work with older adults
- (4) companies that require the certificate program as a professional development program for employees to achieve key business goals, career objectives, and skills to advance beyond entry-level positions
- (5) individual senior and older exercise enthusiasts interested in seeking to stay current in exercise program design, health, and wellness

## Continuing Education Credits

The following National Organizations/Associations have approved each Personal Training and Group Exercise Training for Older Adults course for CEC/CEU's:

- The American Senior Fitness Association (SFA) has approved each course in the program for 2.0 CEUs.
- The National Federation of Professional Trainers (NFPT) has approved each course in the program for 1 CEC, equivalent to an entire 6 month CEC requirement.
- The Health and Fitness Professionals Association (HFPA) has approved each course in the program for 30 CECs and the Optional Field Internship for 60 CECs.
- The National Strength Professional Association (NSPA) has approved each course in the program for 2 CEUs
- The National Council on Strength and Fitness (NCSF) has approved each course in the program for 10 CEUs

## Certificate Structure and Start Dates

To earn the Professional Certificate in Senior Personal Fitness Training, you are required to:

- Complete all four courses within two years
- Complete and receive a passing grade of 70 (C- and above) in all courses which includes: quizzes, exams, written/research projects, and class assignments

The four courses plus the *optional* field internship are offered in a two-module format; the modules consist of two courses each that may be taken at the same time. You are not required to take the courses in any order; however it is highly recommended that you begin with the two courses in module 1: *Socio-Physiological Aspects of Aging & Designing Older Adult Exercise Programs*. You may also register for individual courses if desired. The two-module series is offered three times per year in the **fall**, **spring**, and **summer**.

## Cost Per Course

**\$269.00** for each individual Certificate course and the Optional Field Internship Course is **\$349.00**. The cost for your textbooks/course materials is separate. Please refer to the EFS Bookstore information below for additional details.

## Demonstration Link

For a course demonstration, [Click Here](#)

If you are interested in viewing this **DEMONSTRATION COURSE-Senior Certificate-Course 1: Socio-Physiological Aspects of Aging**, please email the director at [dopft@yahoo.com](mailto:dopft@yahoo.com) In your email, request that you would like the Userid and Password to access the DEMO Course. Please provide the name of the program you are interested in viewing.

## Registration Information

Please see the CCP Registration form for information on enrolling.

**\*NOTE:** Students may **NOT** receive a refund if they withdraw or drop a class if **Course Registration Passwords** have been provided to students.

### Certificate Course Descriptions

#### **Course 1: Socio-Physiological Aspects of Aging**

**Instructor: Cody Sipe, MS, ACSM-Exercise Specialist, RCEP**

This course will provide the student with a solid foundation in the social and physiological aspects of aging. Topics covered include: theories of aging; physiological changes within cells, organs, and bodily systems; social implications of growing older; and common conditions and diseases associated with aging.

Course #: **TND 215 2W1**

Dates: June 16 – July 20, 2008 (Registration Deadline is June 6)

Fee: \$269.00

**Course 2: Designing Older Adult Exercise Programs****Instructor: Cody Sipe, MS, ACSM-Exercise Specialist, RCEP**

In this course, students will gain an understanding of the role of exercise in improving health, fitness, function and quality of life in older adults. The current recommendations for cardiovascular, flexibility, resistance, mobility and balance training will be discussed. An emphasis will be given to common health conditions such as cardiovascular disease, diabetes, arthritis and frailty.

Course #: **TND 216 2W1**

Dates: June 16 – July 20, 2008 (Registration Deadline is June 6)

Fee: \$269.00

**Course 3: Business Management and Administration for the Mature Market****Instructor: Cody Sipe, MS, ACSM-Exercise Specialist, RCEP**

A contemporary view of aging in this country will be explored to better understand the current and rising aging cohorts. Through a study of age-friendly facility design, equipment selection, fitness management, marketing, administration, financial procedures and protocols, and various aspects of operations students will appreciate how to attract, serve and retain the mature market.

Course #: **TND 217 2W1**

Dates: July 21 – August 24, 2008 (Registration Deadline is July 11)

Fee: \$269.00

**Course 4: Exercise and Aging for Special Populations**

**Instructor: Cody Sipe, MS, ACSM-Exercise Specialist, RCEP** As a continuation of Designing Older Adult Exercise Programs, this course encompasses a deeper study of designing safe and effective exercise programs for older adults. Going beyond the basic exercise recommendations for this population, students will, by the end of this course, be able to design an appropriate fitness regimen taking into consideration critical information such as a client's age, gender, health history, current health conditions and exercise history.

Course #: **TND 218 2W1**

Dates: July 21 – August 24, 2008 (Registration Deadline is July 11)

Fee: \$269.00

**Course 5: Optional Elective – Field Internship Course in Older Adult Exercise****Instructor: Cody Sipe, MS, ACSM-Exercise Specialist, RCEP**

Prerequisite: 4 Core Courses and CPR Certification

NOTE: This course is an optional course and is not required to receive the Professional Certificate. Learn to work with professionals in the fitness and health industry for a hands-on experience working with older adults at senior fitness facilities and health centers. Students intern for 60 total hours in this course.

Course #: **TND 219 2W1**

Dates: August 25 – October 5, 2008 (Registration Deadline is August 15)

Fee: \$349.00

**For program information contact:****Cody Sipe, MS, ACSM-Exercise Specialist, RCEP**

Cody Sipe, MS, is the Program Coordinator and an instructor for the Professional Certificate in Senior Personal Training for Older Adults Program. He has a diverse background in the fitness industry including training and management in medically-based fitness, for-profit, not-for-profit and educational facilities. His primary areas of expertise are in fitness for older adults and in the prevention and management of chronic disease conditions. He regularly presents at national and international conferences and writes for a variety of publications. Cody was awarded the 2005 IDEA Program Director of the Year and the 2003 Midwest ACSM Clinical Exercise Professional of the Year. He serves as a contributing editor for IDEA and as a Committee Member for ACSM's Strategic Health Initiative on Aging and Exercise Science.

Cody Sipe, MS, ACSM-Exercise Specialist, RCEP, Program Coordinator

Professional Certificate in Senior Personal Training

IDEA Program Director of the Year Award Winner

Email Address: [seniorpft@yahoo.com](mailto:seniorpft@yahoo.com)

## **EFS Bookstore Online and Phone Ordering Options**

Welcome to Educational Fitness Solutions (EFS) Bookstore for textbooks and course materials for all courses, Certificate, and Degree programs. After you register for course(s), you should contact the bookstore to order the appropriate text/materials listed below. You'll want to place your orders before the start of each course taking into consideration delivery times. You do not have to wait to receive a registration password or registration confirmation for a given course from the school before ordering books in advance. You may order books and course materials online or by phone. The bookstore can ship anywhere in the U.S. or internationally and it is highly recommended that you place your order ASAP.

### **Online or Website orders:**

To order books and course materials online please go to the following website: [www.fwonline.com/efs](http://www.fwonline.com/efs)

### **Phone orders:**

To order books and course materials by phone, please call the Bookstore toll free at **(800)-537-5512**.

**NOTE:** Identify yourself as an **Online Student** when calling.

**ICAA Complimentary Membership:** Part of the International Council on Active Aging (ICAA) partnership involves a complimentary one year membership. To learn more about the complimentary membership, please review the ICAA information in session one of each course.

### **Estimated Cost for Required Materials:**

\$82.00

### **Sales Tax:**

There is no tax for orders shipped outside Ohio.

### **Material Availability:**

Quantities of some of your materials may be limited. If orders are placed after the first week of the course, you may experience delay in receiving some of these materials.

### **Shipping Information:**

Most orders ship *within* 2 business days via UPS Ground (2-6 days) or the US Postal Service (2-6 days) – **Go to the website to view UPS Ground map of delivery time.** If faster service (next day or 2nd day delivery) is needed, please call Fitness Wholesale directly at **1-800-537-5512**, Monday - Friday 8am to 4pm Eastern Standard Time in Ohio. We will make best efforts to meet your request provided the item is currently in stock.

**International Students:** may want to email us at [fw@fwonline.com](mailto:fw@fwonline.com) for an UPS or USPS shipping quote. Please let us know when you need the course material.

United Parcel Service (UPS) cannot deliver to a P.O. Box (APO/FPO orders are shipped via the post office). A street address is REQUIRED for UPS deliveries. If you wish to track your order, you may do so via the link below using your online order confirmation number or sales order number.

### **Refund Policy:**

Textbooks and other course materials (undamaged and unmarked) are refundable under a 3 day return policy (3 days from receipt of order). Shipping charges are non-refundable.

**Course Materials for Professional Certificate in Senior Personal Training for Older Adults:**

**Course 1: Socio-Physiological Aspects of Aging**

**Required Course Material(s):**

1. Physical Activity Instruction of Older Adults, Authors; Jessie Jones and Debra Rose, eds., Human Kinetics, 2005, ISBN 0-7360-4513-9

**Course 2: Designing Older Adult Exercise Programs**

**Required Course Material(s):**

1. Physical Activity Instruction of Older Adults, Authors; Jessie Jones and Debra Rose, eds., Human Kinetics, 2005, ISBN 0-7360-4513-9
2. Anatomy for Strength and Fitness Training: An Illustrated Guide to Your Muscles in Action. McGraw-Hill, 1st Edition, 2006 Author: Mark Vella

**Course 3: Business Management and Administration for the Mature Market**

1. None Required.

**Course 4: Exercise and Aging for Special Populations**

**Required Course Material(s):**

1. Physical Activity Instruction of Older Adults, Authors; Jessie Jones and Debra Rose, eds., Human Kinetics, 2005, ISBN 0-7360-4513-9

**Course 5: Elective Course: Optional Field Internship in Senior Personal Training for Older Adults**

1. None required.



## **Frequently Asked Questions (FAQ):**

### **What is an online course or online certificate program?**

An Online course is a class offered over the Internet. The amount of work required of the student and the learning goals are no different than regular face-to-face classes. Students interact with each other and the teacher by email, phone, and through class discussion forums.

Our goal is to make online learning not only convenient but a compelling learning experience. We want students engaged in the online material beyond just reading. We've incorporated projects, quizzes, problem-solving questions, exams, written reports, and exercises that require reading the text, articles, lecture presentations, and then going online to complete assignments. We also hope to try to incorporate adult learning theory objectives, keeping in mind that people learn in different ways (i.e., listening, seeing, and doing.) We think, as a result, our courses are interesting and more effective.

### **Are there any textbook requirements and what are the costs?**

Yes, there are textbooks required per each course. When you register for a course(s), instructions for ordering textbooks or course materials either online or through a toll free number will be provided.

### **What are the technological requirements for participating?**

In addition to a confident level of computer literacy, certain technical requirements must be met to enable a successful experience. Technical requirements include but are not limited to having internet access with a 56K modem, but it is highly recommended that you have **DSL or High Speed Cable Internet Access**; 64 MB system RAM; 200 MB free hard disk space memory or sufficient storage; Internet access with Netscape 4.0 or better or MS Explorer 4.0 or better, reliable email account access, CD-ROM/DVD capabilities, and a reliable Internet provider. Some individual courses may have additional software and/or hardware requirements.

## **NECESSARY SKILLS**

- Knowledge of Windows or Mac OS
- Ability to use web browser, email, and Internet connection
- Ability to copy and save files in Windows or Mac OS

### **When do classes meet?**

There is not a specific class meeting time. Individual courses are 5 weeks in length unless otherwise indicated, with specific start and end dates. Classes or weekly sessions are available Monday morning at 12:00 a.m. (Pacific Standard Time-PST) and continue through the week and end on Sunday evening at midnight (PST). You will have 7 days to complete the assigned weekly session requirements unless otherwise indicated. Courses are open 24 hours a day and 7 days a week for you to login into your class any time of the day that is convenient for you to complete assignments.

### **Is an Online course the right choice?**

If you agree with these statements, online courses may be for you!

- I am comfortable with using my computer for email, internet, and word processing
- I have access to a computer most of the time
- I have reliable high-speed internet connection
- I have good time management skills

### **How much time will you spend per week on this course?**

Most of our courses require about 5 to 10 hours per week of effort on your part. You can expect to log into the online classroom early in the week when the weekly session is released and spend about an hour or so online with the new material. Then, log in 4 or 5 more times per week for 45 minutes or so to keep up with the class discussions questions, projects, quizzes, written assignments, coffee house hours, and/or exams.

# EFS Registration Form



for Corporate and Community Programs

Please complete this form and register using one of the three convenient methods.

**ID#** \_\_\_\_\_ **Birthdate:** \_\_\_\_\_

**Name** (Last, First, Middle): \_\_\_\_\_

**Address:** \_\_\_\_\_

**City/State/Zip:** \_\_\_\_\_

**Phone** (Home): \_\_\_\_\_ (Work): \_\_\_\_\_

**Phone** (Cell): \_\_\_\_\_ **Fax:** \_\_\_\_\_

**E-mail:** \_\_\_\_\_ Gender:  Male  Female  
 (You must have an e-mail address for the EFS courses)

### Three Easy Ways to Register

Telephone <i>Call</i> 302-855-1617	Course Number	Course Title	Cost
Fax <i>Dial</i> 302-858-5456			
	Total Due		
In Person <i>Corporate and Community Programs, Jason Technology Center, Rm 109</i>	Method of Payment <input type="checkbox"/> Check payable to Delaware Tech <input type="checkbox"/> Cash (in person only) <input type="checkbox"/> Credit Card (telephone, fax) Charge my: <input type="checkbox"/> Visa <input type="checkbox"/> Discover <input type="checkbox"/> MasterCard  Card # _____ Exp. Date: _____  Card Verification Code (last three digits on the back of card) _____  Address of Cardholder _____ _____  Authorized Signature _____  Source of Payment <input type="checkbox"/> Self <input type="checkbox"/> Employer <input type="checkbox"/> Other _____		
PLEASE NOTE: Students may <b>NOT</b> receive a refund if they withdraw or drop a class if <b>Course Registration Passwords</b> have been provided to students.			
<i>The information requested below is optional and used for statistical purposes only.</i>			
Ethnic Origin: <input type="checkbox"/> African American <input type="checkbox"/> Caucasian <input type="checkbox"/> Native American/Alaskan  <input type="checkbox"/> Asian or Pacific Islander <input type="checkbox"/> Hispanic/Latino <input type="checkbox"/> Other			