

## Program Overview

Courses in the Active Aging Fitness Practitioner Certificate can be taken on a full-time or part-time basis, which makes it easy to fit into your busy schedule. Many individuals who take our program continue to work full-time as they complete their studies.

### Fall Courses:

- Fitness Assessment & Fall Prevention
- Culture of Aging
- Medical Gerokinesiology
- Leadership & Motivation
- Practicum 1: Active Living Applications

### Winter Courses:

- Health Promotion & Active Aging
- The Master Athlete
- Nutrition & Pharmacology
- Challenge by Choice Tourism
- Practicum 2: Group Programming for Functional Fitness



### Sherry Ouimet, Graduate 2010.

*This program at GPRC has given me an edge in the health and wellness industry and has equipped me with a vast amount of knowledge and hands on experience. My instructors were outstanding; they really care about sharing their knowledge while helping you achieve your goals. I feel confident that I can fulfill my passion of helping people achieve their wellness goals.*

#### AP 1110 - Fitness Assessment & Fall Prevention

This course is designed to introduce the student to fitness assessments and prescription specifically designed for the older adult. The Senior Fitness Test and FallProof will be the utilized resources as students prepare to lead older adults in fall prevention programming as part of the requirements for this course.

#### AP 1120 - Culture of Aging

In this course you will be exploring the history, trends and issues associated with retirement and aging in your culture and others. In particular, how these trends and issues impact retirement choices for recreation, fitness, and active tourism. There will be more in-depth coverage of ageism, stereotyping, sexism/gender issues, sociology and psychology of aging, motivation, advocacy, and how these affect aging persons.

#### AP 1130 - Medical Gerokinesiology

Theory and practical application related to the physiology of aging, disorders and disabilities, with an examination of the proper modifications to consider for safety and to ensure success for all participants. Issues relating to the impact of prosthetics, assistive devices (canes, walkers, wheelchairs, etc.), and visual impairments and hearing impairments will also be addressed.

#### AP 1140 - Leadership & Motivation

This course will focus on information on how to include fun, play, and active recreation as part of a natural and healthy (fit) lifestyle. A wide variety of topics will range from resistance training, stretching, balance training, and fall prevention to circuits, chair exercises, yoga, Tai-chi, dance, games, activities that include the family, etc.

#### AP 1150 - Practicum 1: Active Living Applications

This course is intended to allow the student to experience the one-on-one interaction with an older adult with the goal of promoting active living. Students will develop their skills as active living practitioners, while further understanding the motivators and barriers an older adult may experience in becoming active. Pre/co-requisites required.

#### AP 1210 - Health Promotion & Active Aging

An introduction to physical activity, fitness and health relationships among aging adults with a focus on known health benefits and risks. In addition, this course will explore individual older adult cognitive and behavioral barriers to regular participation such as motive and incentive, perceived social support, self-efficacy issues, and personal beliefs about benefits and risks.

#### AP 1220 - Aging & Sport Performance

Master sports at various levels of participation and performance gains and declines will be explored, along with opportunities for competition and training for older adults.

#### AP 1230 - Nutrition & Pharmacology

This course covers effects and considerations for activity related to the range of pharmaceuticals that older adults may have been prescribed as well as the consequences of varying nutritional needs for older adults.

#### AP 1240 - Challenge by Choice Tourism

Most older adults cite "travelling" as their number one goal in retirement. Being "in shape" for these travels will result in a much better experience. With possible field trips and guest speakers, this course will introduce students to the exciting world of adventure tourism that many older adults are seeking in the present decades. Research will be prominent in the special needs of older adults in challenging activity and tourism settings.

#### AP 1250 - Practicum 2: Group Programming for Functional Fitness

This course will advance the direct experience of the student within active leadership settings. Students are encouraged to independently lead a program within the community or campus, or may assist or apprentice under an expert leader with the permission of that leader.

Easy-to-use and interactive online learning program

Online Learning Moodle is the online learning program utilized by GPRC.

You will thoroughly appreciate your online learning experience, Moodle outlines your course content in an easy to follow format and incorporates many engaging online learning activities to assist in content retention. Activities include online discussion forums, interactive activities/games and Elluminate meetings, which are live meetings with your course facilitator and classmates.



Online Assistance Course facilitators

Your course facilitator will assist and guide you through your online learning experience by providing immediate assistance and timely feedback.

Course equivalencies and Prior Learning Assessments

Assessments can be completed for individuals who have any type of prior learning (formal & informal). Course equivalencies can be granted to those individuals who meet the course objectives and criteria.



### Alberta Fitness Leadership Certification Association (AFLCA).

The AFLCA sets the standard for group exercise leadership in Alberta, which is actually transferable nationally to all Canadian provinces. Upon completion of the Active Aging Fitness Practitioner Certification, all graduates of the program will receive immediate credit for course equivalency and have completed the observation requirements of AFLCA's - Fitness for the Older Adult certification.