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Functional Assessment and Exercise for the Aging Adult

Introduction to Exercise

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Note to Participants: There are interactive pop-up questions throughout this lecture. If you choose to pause the lecture and return at a later time, a natural break time would be after answering the interactive questions. (You are able to pause at any time and the presentation will “remember” where you were. It’s just a more natural time to pause after the interactive questions.) For your convenience, this outline reflects where/when within the lecture the interactive questions occur.

This lecture has 53 slides and is 46 minutes in duration.

- I. Review of the anatomical and physical changes associated with aging and inactivity
 - A. Cardiovascular
 - B. Pulmonary
 - C. Muscular
 - 1. Sarcopenia
 - a. Definition
 - b. Causes

Notes

Interactive Questions – slide 19 @ 18 minutes

- II. Aging adults and inactivity
 - A. How many older adults are physically active?
 - B. Disability in older adults
 - C. The consequences of inactivity
 - D. Falls
 - E. The benefits of activity for aging adults
 - F. The required tasks of community-dwelling older adults

Interactive Questions – slide 29 @ 27 minutes

- III. Responses to exercise
 - A. Cardiovascular
 - B. Musculoskeletal
 - 1. With aerobic training
 - 2. With strength or resistance training
 - C. Loss of body fat
 - D. Neurological
 - E. Mental health
 - F. Function
 - 1. In the “old old” or elderly
 - 2. In the frail elderly

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- G. Morbidity and mortality
 - H. Quality of life

Interactive Questions – slide 45 @ 36 minutes

IV. Final points

- A. What does effective exercise entail?
- B. Physical stress theory
- C. Interesting statistics about activity

V. Summary

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