



Evidence for the benefits of effective exercise programs for the full spectrum of aging adults is overwhelmingly positive. The unique role of the physical therapist in providing these programs is unequivocal. Further education can enhance the ability of physical therapists to incorporate evidence into practice in order to appropriately examine and provide the quality of exercise that will yield optimal benefits for the aging adult. The Academy of Geriatric Physical Therapy, in adopting the position that physical therapists should be the exercise experts for aging adults, is a leader in providing physical therapists with a mechanism to develop and demonstrate expertise in the design and delivery of effective exercise programs for aging adults.

All PTs with the CEEAA® credential will demonstrate expert clinical decision-making skills in: (1) designing and applying an effective examination and exercise prescription; and (2) measuring the effectiveness and reflecting the current evidence of exercise for all aging adults. The process to attain the credential of CEEAA® is to complete formal didactic education and to participate in supervised and mentored skills development, home-based reflection and critical thinking. Three courses of two days each will address evidence-based examination and different and increasingly complex aspects of exercise design and delivery. The three courses are designed to build on each other.

Exercise Certification Series Course 1: Introduction and Examination (Tests and Measures)

This course will cover the anatomical and physiological changes that occur with aging, including disease and disability, and the effects of inactivity on these changes. The best tests and measures for the examination of aging adults will be detailed, including tests of: aerobic capacity/endurance; anthropometric characteristics; arousal, attention and cognition; gait, locomotion and balance; muscle performance; posture; range of motion; sensory integrity; vestibular; and multipurpose. Participants will perform tests and measures throughout the course.

Exercise Certification Series Course 2: Exercise Prescription and Consensus Guidelines

This course will cover the beneficial responses to exercise for several body systems. The principles for safe and effective exercise for the aging adult will be addressed. Participants will be able to provide an exercise prescription for the aging adult, including training for aerobic conditioning/endurance; balance, coordination and agility; flexibility; gait and locomotion; and muscle strength, power and endurance. Practice sessions will be incorporated into the course.

Exercise Certification Series Course 3: Special Populations, Complementary Exercises, Motivation, Drug and Nutritional Considerations, and Marketing

This course will provide information on exercise for special populations (e.g., those with cancer, frailty, and obesity and those with cardiovascular, endocrine, gastrointestinal, musculoskeletal, neuromuscular and pulmonary disorders). Barriers to effective exercise prescription and motivational strategies for overcoming these barriers will be discussed. The effects of medications commonly used by aging adults and their effects on exercise performance will be reviewed. Nutritional screening and requirements for the exercising aging adult will be provided. Complementary exercises will be discussed including aquatics, tai chi, yoga and Pilates. Participants will have the opportunity to perform some of the complementary exercises. Discussion of equipment needs, marketing and reimbursement will facilitate participants' ability to provide programs in their own clinical settings.

Examination Requirements for Certification

There will be an exam for Courses 1, 2 and 3. The skills test for the content of Course 1 will be performed on site during Course 2 or 3. If a participant does not achieve a passing grade on the skills test, they will be given the opportunity to retake the examination prior to the completion of Course 3. All examinations must be completed within six weeks of taking the related course. A participant must achieve minimum criteria in both the skills and didactic assessments to progress to the next level; however, a person may elect to take a course without being tested.

All attendees who sign in and out each day will receive a certificate of attendance for CEU purposes. However, to receive the CEEAA certification, attendees must complete the online testing within 3 months after each course completion with a successful passing score of 75% AND pass the onsite practical exam with a passing score of 75%. Participants will have two attempts for each of the three online tests and for the onsite practical exam. Failure to pass any of the exams or practical testing will result in not obtaining the CEEAA certification.

After the successful completion of the three courses, the three examinations and the skills test, the participant will receive a certificate to recognize the certification.

CEEAA Faculty

Faculty vary from course to course but are experts in the field of Geriatrics and are approved by the APTA Geriatrics Board of Directors. All faculty have advanced training and have successfully completed the CEEAA course series. Course Administrators are Jill Heitzman, PT, DPT, and Tamara Gravano, PT, DPT, EdD.

Continuing Education Credit

Each weekend course = 15 Contact Hours

PLEASE NOTE: Participants are urged to check with their State Licensure Board to see if the courses count towards continuing education credit.

**Find current dates and locations at
<https://geriatricspt.org/events/courses/ceea/>**

Objectives

Upon completion of this certification program, you will be able to:

- Describe demographics related to aging adult populations, including disease trends and disability
- Advocate for physical therapists being the ideal professionals to work with aging adults
- Discuss the anatomical and physiological changes in the aging adult
- Select and perform the best tests and measures for examination of aging adults
- Analyze the beneficial responses to exercise for each body system
- Provide a safe and effective exercise prescription for the aging adult, including training for aerobic conditioning/endurance; balance, coordination, and agility; flexibility; gait and locomotion; and strength, power, and endurance
- Recognize barriers to effective exercise prescription and provide motivational strategies for success
- Explain the effects of medications on exercise performance
- Describe principles of aquatic, tai chi, yoga, and Pilates exercises for aging adults and how to integrate them into exercise programs
- Prescribe evidence-based exercise programs for specific aging populations
- Discuss nutritional requirements for the exercising aging adult
- Discuss equipment needs, marketing, and reimbursement for exercise programs for aging adults

Additional Information

Find answers to the following questions at <http://ceea.geriatricspt.org>:

- Who can participate in this process and earn the CEEAA®?
- When will the CEEAA® courses be available?
- Will this coursework count towards the Geriatric Specialization examination?
- Why should I go through this process?
- What type of testing is involved in the CEEAA®?