

APTAG CEEAA Course 2 Information

OBJECTIVES CEEAA COURSE 2:

Upon completion of this course, you will be able to:

1. Describe the functional markers of fun, function, frailty and failure and how they apply to the PT Plan of Care
2. Analyze barriers to effective exercise prescription to develop motivators for exercise through motivational interviewing
3. Prescribe effective exercises through application of the physical stress theory and modifying based on individual factors including, but not limited to, pharmaceuticals, lab values, nutrition, sleep and other social determinants of health.
4. Identify the best exercise plan (intensity, duration, mode, frequency) based on the individual current level of function.

WHO SHOULD ATTEND?

Physical Therapists working with aging adults in a variety of settings. Physical Therapist Assistants may attend the CEEAA courses and will receive a certificate of participation documenting attendance. However, PTAs will not be eligible to undergo skills and testing and will not be eligible to receive a Certificate of Achievement for Certified Exercise Expert for Aging Adults (CEEAA).

Students are not eligible to participate.

Course material is not intended for use by attendees outside of their license or regulation. Furthermore, when elements of the patient/client management are taught, subsequent use of those elements is considered, physical therapy only when performed by a physical therapist or physical therapist assistant who is under the direction and supervision of a physical therapist, in accordance with APTA policies, positions, and standards.

CONTACT HOURS

As a component of APTA, this course is pre-approved by the participating State Board of Physical Therapy, for 16 contact hours. To obtain this credit, a participant must attend the entire course. (See attendance policy stated below).

For information on obtaining continuing education units (CEUs/ CCUs), please contact your state licensure agency.

CERTIFICATE OF COMPLETION

Participants will receive a certificate of participation documenting attendance for 16 hours, via email within 3-4 weeks of course completion.

ATTENDANCE

In order to receive credit for attending the course, you must attend both days. If you must leave early on Sunday due to flight/travel, approval must be granted by the onsite faculty prior to leaving. Any other request for leaving the course must be approved by the course coordinator prior to the start of the course. If an emergency occurs where you must leave during the course, the hours for attending will be reduced accordingly.

CEEAA DESIGNATION

In order to achieve the designation of CEEAA, you must complete all 3 online exams (one for each of the 3 courses) within 3 months of the specific course and the practical exam given at either course 2 or 3 at a passing rate of 75%. If absenteeism occurs during any of the 3 courses, arrangements MUST be made with the course coordinator on fulfilling the requirements to become a Certified Exercise Expert for the Aging Adult.

SCHEDULE (please note times may vary and are subject to change):

Day 1	Schedule
7:30 – 8:00 am	Registration and Continental Breakfast
8:00 – 9:40 am	Welcome Remarks, Case and Systems Review
9:40 – 9:55 am	BREAK
9:55 – 10:45 am	Readiness to exercise, Physical Stress Theory and Components/Principles of Exercise
10:45 – 12:00 pm	Aerobic/endurance conditioning/training principles
12:00 – 12:45 pm	LUNCH
12:45 – 1:50 pm	Balance, coordination, agility, vestibular, VOR/ Body mechanics and posture
2:00 – 2:30 pm	Aerobic Conditioning Lab 1
2:30 – 4:00 pm	Balance & Lab Vestibular; Ball Lab & Core Stabilization
4:00 – 4:45 pm	Aerobic Conditioning Lab 2
5:00 – 7:30 pm	Lab Practical Testing

Day 2	Schedule
7:00 – 7:30 am	Continental Breakfast
7:30 - 9:30 am	Flexibility applied to aging adults, gait/locomotion
9:30 – 9:45 am	BREAK
9:45 – 11:45 am	Strength training, power, aerobic/strength, lecture and demo labs
11:45 – 12:30 pm	LUNCH BREAK
12:45 – 1:45 pm	Other factors continued, consensus statements
2:00 – 3:00 pm	Flexibility lab/gait and locomotion & obstacle course lab
3:00 – 3:50 pm	Strength training labs
3:50 – 4:00 pm	Cases prescription discussion; Q&A

Attire

Please dress comfortably: exercise clothing and athletic shoes are required

Supplies to Bring to Course 2

Participants are **REQUIRED** to **BRING**:

- Sphygmomanometer
- Stethoscope
- Blood Pressure Cuffs
- If you are completing your lab practical testing on during course 2 you should bring your Lab Manual from Course 1

- **OPTIONAL:** If you are driving and have large therapy balls, bosu ball, 2 to 5# hand/cuff weights, any balance devices (BOSU, foams, discs) please bring them so we can borrow for the course. *Please notify the APTA Geriatrics office and/or the course instructors during course 1 if you can bring this equipment.*

Recommendation for Course 2 ONLY:

Recommended: ACSM's Guidelines for Exercise Testing and Prescription, 9th ed, 2013 - \$39
<http://www.amazon.com/ACSMs-Guidelines-Exercise-Testing-Prescription/dp/1609136055>

CEEA Course Series Pre-Reading Assignments:

Prior to the course 2, please review the following articles/resources (all are full text, open access):

Course 2:

- Mueller MJ, Maluf KS. Tissue adaptation to physical stress: a proposed “physical stress theory” to guide physical therapist practice, education, and research. *Phys Ther.* 2002; 82:383-403. Available at: <https://academic.oup.com/ptj/article/82/4/383/2837004/Tissue-Adaptation-to-Physical-Stress-A-Proposed>
 Chodzko-Zajko, Wojtek J. Ph.D., FACSM, (Co-Chair); Proctor, David N. Ph.D., FACSM, (Co-Chair); Fiatarone Singh, Maria A. M.D.; Minson, Christopher T. Ph.D., FACSM; Nigg, Claudio R. Ph.D.; Salem, George J. Ph.D., FACSM; Skinner, James S. Ph.D., FACSM Exercise and Physical Activity for Older Adults: Position Stand, *Medicine & Science in Sports & Exercise*: July 2009 - Volume 41 - Issue 7 - p 1510-1530 doi: 10.1249/MSS.0b013e3181a0c95c Available at: https://journals.lww.com/acsm-msse/Fulltext/2009/07000/Exercise_and_Physical_Activity_for_Older_Adults.20.aspx
 - US Dept of Health and Human Services. Physical Activity Guidelines, 2nd ed, 2018 found at https://health.gov/sites/default/files/2019-09/Physical_Activity_Guidelines_2nd_edition.pdf
 - Avers D, Brown M. White Paper: Strength training for the older adult. *J Geriatr Phys Ther.* 2009; 32:148-152. Available at http://journals.lww.com/jgpt/Fulltext/2009/32040/White_Paper_Strength_Training_for_the_Older_Adult.2.aspx
 Acute Care Section – APTA. Lab Values Interpretation Resources, Found at <https://www.aptaacutecare.org/search/all.asp?bst=lab+values> OR <https://www.aptaacutecare.org/news/news.asp?id=391747&hhSearchTerms=%22lab+and+values%22>
1. Lab Values: Point of Care Document, 2017
 2. Lab Values: Interpretation Resources (Updated 2019)

Reference for your interest: <https://www.nia.nih.gov/health/how-older-adults-can-get-started-exercise>

Thank you for your interest and participation in CEEAA certification course series.
 If you have any questions or concerns, please contact aharjung@aptageriatrics.org

