

## APTAG CEEAA Course 3 Information

### OBJECTIVES CEEAA COURSE 3:

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

1. Recognize issues related to aging with chronic conditions
2. Adjust exercise programs based on multiple co-morbidities
3. Promote selected interventions adapted for older adults applied to specific conditions:
  - Tai Chi
  - Yoga
  - Pilates
4. Recognize key considerations for developing and implementing community-based programs
5. Utilize an evidence-based approach for selecting an exercise intervention for:
  - Chronic Conditions
  - Cardiovascular and Pulmonary disorders
  - Endocrine disorders
  - Musculoskeletal disorders
  - Neuromuscular disorders
  - Geriatric Syndromes

### 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 within 3 months of the 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 – 10:00 am	Multicomplex Health issues and chronic conditions/ CPG Review/ Patient Priority/Exercise in acute care
10:00 – 10:15 am	<b>BREAK</b>
10:15 – 12:30 pm	Evidence-based exercise programs for specific aging populations and complementary exercises related to obesity, endocrine disorders and Cancer
12:30 – 1:30 pm	<b>LUNCH</b>
1:30 – 3:15 pm	Evidence-based exercise programs for specific aging populations and complementary exercises (continued) related to GI/GU, fibromyalgia, COVID
3:15 – 3:30 pm	<b>BREAK</b>
3:30 – 5:00 pm	Evidence-based exercise programs for specific aging populations and complementary exercises (continued) related to MusculoSkeletal Conditions

Day 2	Schedule
7:00 – 7:30 am	Continental Breakfast
7:30 - 9:30 am	Evidence-based exercise programs for specific aging populations and complementary exercises (continued) Related to MSK and Neuro conditions
9:30 – 9:45 am	<b>BREAK</b>
9:45 – 12:00 pm	Evidence-based exercise programs for specific aging populations and complementary exercises (continued) related to Neuro, cognition and frailty
12:00 – 12:30 pm	<b>LUNCH</b>
12:30 – 2:00 pm	Evidence-based exercise programs that can be used in community or individual practices for specific aging populations and complementary exercises (continued) related to CVP conditions
2:00 – 2:15 pm	<b>BREAK</b>
2:15 – 4:30 pm	Evidence-based exercise programs for community or individual programs Equipment needs, marketing, and reimbursement for exercise programs for aging

### Attire

Please dress comfortably: exercise clothing and athletic shoes are required

### **Supplies to Bring to Course 3**

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

- Exercise Mat from Course 2
- Exercise Bands from Course 2
- Stretch Strap (non-elastic, rope or thin gait belt)
- Sunglasses

#### **OPTIONAL:** If you are driving and have access to the following, please bring and label:

- Exercise ball (55-65 cm)
- Small hand weights (1-5 pounds)
- Weighted balls (1-10 pounds)
- Ankle weights (3-12 pounds - prefer style that holds up to 10 lbs with removable weights)
- Please let the APTA Geriatric Office and/or the course instructors know if you are able to bring any of this equipment

**PRACTICAL EXAM:** If you are taking your practical examination, please bring your sphygmomanometer, stethoscope, small calculator, and your lab manual from Course 1.

#### **Recommendation for Course 3 ONLY:**

ACSM Exercise for Older Adults, 2014, (ISBN-13: 978-1-60913-647-5)

#### **CEEAA Course Series Pre-Reading Assignments:**

**Prior to the course 3, please review the following articles/resources (all are full text, open access):**  
**Course 3:**

- Petursdottir U, Arnadottir SA, Halldorsdottir S. Facilitators and barriers to exercising among people with osteoarthritis: a phenomenological study. Phys Ther. 2010; 90:1014-1025. Available at:  
<https://academic.oup.com/ptj/article-lookup/doi/10.2522/ptj.20090217>
- Jones TE, Stephenson, KW, King, JG, et al. Sarcopenia – Mechanisms and treatments. J Geriatr Phys Ther. 2009; 32:39-45. Available at:  
[http://journals.lww.com/jgpt/Fulltext/2009/32020/Sarcopenia\\_Mechanisms\\_and\\_Treatment\\_s.8.aspx](http://journals.lww.com/jgpt/Fulltext/2009/32020/Sarcopenia_Mechanisms_and_Treatment_s.8.aspx)
- Shubert, TE. Evidence-based exercise prescription for balance and falls prevention: a current review of the literature. J Geriatr Phys Ther. 2011; 34:100-108. Available at:  
[http://journals.lww.com/jgpt/Fulltext/2011/07000/Evidence\\_Based\\_Exercise\\_Prescription\\_for\\_Balance.2.aspx](http://journals.lww.com/jgpt/Fulltext/2011/07000/Evidence_Based_Exercise_Prescription_for_Balance.2.aspx)
- National Center for Injury Prevention and Control. Preventing Falls: A Guide to Implementing Effective Community-based Fall Prevention Programs. 2nd ed. Atlanta, GA: Centers for Disease Control and Prevention, 2015. Available at:  
<http://www.cdc.gov/homeandrecreationalafety/pdf/falls/fallpreventionguide-2015-a.pdf>
- Please access the CPG site and review the CPG on many of the topics related to aging adults that include (but not limited to) THA, TKA, Osteoporosis, Falls, Parkinson disease, Vestibular, MS, and more coming everyday. This can be found at: <https://www.apta.org/patient-care/evidence-based-practice-resources/cpgs>

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