Unit 2 Study Guide

Lesson 1 - An introduction to exercise for Older Adults

Defining ‘older adult’ requires looking at two different age classifications. List and describe the two ways to define age:

1.

2.

How does SilverSneakers define age?

Lesson 2 - Physiology of Aging

Aging is a process that begins at conception and continues for as long as we live.

How does aging affect the Cardiovascular system?

How does aging affect the bones, joints, and muscles?

How does aging affect the Nervous System?

List a few factors that affect the aging process, according to the World Health Organization.

Lesson 3 - Benefits of exercise for older adults

To make exercise meaningful for older adults, we focus activity around health, function, and skill versus exercise for sports performance.

What are some of the benefits of fitness of older adults?

What is the FITT Principle?

F-

I -

T-

T-

What are the exercise recommendations from the CDC for older adults:

For minimum health benefits:

For even greater health benefits:

What other two types of training are recommended specifically for older adults:

1.

2.

Lesson 4 - Cardiorespiratory System

The cardiorespiratory system is responsible for:

What is aerobic activity?

List a few benefits to cardiorespiratory activity:

What makes up the cardiovascular system and what is its main function?

What makes up the respiratory system and what is its main function?

Describe the path of circulation:

What is functional capacity?

What factors influence how fast the heart beats?

What is blood pressure?

How can you help your participants manage blood pressure during exercise?

What is venous return?

How can you help to prevent blood pooling in your classes?

What is the Valsalva maneuver?

Describe ways you can help members with their breathing during class.

How many times should you monitor intensity in your classes?

What method does SilverSneakers use for monitoring intensity in class?

Describe the suggested Perceived Exertion in each section of a SilverSneakers class:

Class format segment	PE	Description
Warm-Up		
Working heart rate		
Post Cool-Down		

When should you *caution* intensity?

How can you increase intensity?

How can you decrease intensity?

How is monitoring intensity *different* in mind-body classes?

Lesson 5 - The Musculoskeletal System

The musculoskeletal system produces movement. It's made up of two systems:

1.

2.

Since we use submaximal workloads in SilverSneakers classes, most of our training can be described as what type of training?

What is flexibility?

What are some of the benefits of including strength, flexibility and endurance training for SilverSneakers members?

How does aging affect the skeletal system?

How many bones are in the human body?

What are the two parts of the skeletal system and what is included in each part?

What are the 5 main regions of the spine?

1.

2.

3.

4.

5.

Name and describe the four main curves of the spine:

1.

2.

3.

4.

Name and describe the three main joints in the body:

1.

2.

3.

What is the term used to describe the parts of the body that work together, either in isolation or as a component of a more complex system?

Name and describe the three types of muscle in the body:

1.

2.

3.

Lesson 6 - Exercise Recommendations for Chronic Conditions

SilverSneakers instructors will work with many members faced with chronic conditions. There are many safety skills you should be aware of and several general recommendations you should keep in mind while leading a SilverSneakers class.

Hydration

Why is it important?

How many hydration breaks should you cue in your classes?

Posture

How does aging affect posture?

How many times should you cue posture in your classes?

Breathing

Why is breathing important?

How many times should you cue for breathing in your classes?

Exercise Intensity

What can intensity checks do for the participant in SilverSneakers?

How many times should you cue for intensity checks in your classes?

Many chronic conditions will be represented in your classes. You should understand the chronic conditions that exist and understand how exercise affects the condition, as well as tips for instructing to accommodate those with the conditions.

Cardiovascular Conditions

What is included in cardiovascular conditions?

How can regular exercise positively counteract the primary risk factors for heart disease?

What are some instructor tips for coronary heart disease?

Cancer

What is cancer?

What are some instructor tips for persons recovering from cancer?

Metabolic Conditions

What is diabetes?

Describe the two types of diabetes?

What are some instructor tips for persons with diabetes?

Define obesity:

What are some instructor tips for obesity?

Bone and Joint Conditions

What is arthritis?

What are the two most common forms of arthritis?

What are some instructor tips for arthritis?

What is the most common joint replacement in SilverSneakers?

What are some instructor tips for joint replacements?

Back Pain

What are some instructor tips for back pain?

Respiratory Conditions

What are some common respiratory conditions?

How should those with COPD be encouraged to breathe?

What are some instructor tips for pulmonary disease?

Nervous System Conditions

What are the two components of the nervous system and describe their components?

1.

2.

What is cognition?

Name and describe a few common nervous system conditions:

What is Alzheimer's?

What is dementia?

What are some instructor tips for nervous system conditions?