

Unit 3 - Study Guide



Lesson 1 - SilverSneakers Signature Class Overview

What is the SilverSneakers Signature Class Components?

List the 5 segments of a SilverSneakers Signature class and the purpose of each segment.

Segment	Purpose

There are format exceptions to the segments listed above:

In mind/body formats (e.g. Yoga and BOOM Mind), how is the warm-up unique?

When teaching Splash, what is special about the cool-down?

What segment may be modified in mind/body formats?

Lesson 2 - Movement for Functional benefits

List and describe the 3 planes of motion:

- 1.
- 2.
- 3.

List and describe the plane of motion that is specific to older adults:

What is the tip provided to help keep shoulders safe in older adults?

Describe the overhead arm position in a SilverSneakers class.

Which joint action is being described in each of the descriptions below?

The angle of two bones is decreased at the articulation site.	
The angle of two bones is increased at the articulation site.	
Movement in which a body part is extended beyond the anatomical position.	
Refers to the movement of a limb toward the midline of the body.	
Refers to the movement of a limb away from the midline of the body.	
The circular movement of a limb.	
A movement at the ankle joint in which the sole of the foot faces medially (inward).	
A movement at the ankle joint in which the sole of the foot faces laterally (outward).	
Toward the midline of the body, or the inside.	
Away from the midline of the body, or the outside.	
The front side, or to the front side of the body.	

Toward the back, or dorsal side of the body.	
Movement of the foot up toward the shin.	
Movement of the foot toward the sole of the foot (to point the toes).	
Away from the midline of the body; to the side.	
The front side or to the front side of the body.	
Toward the midline of the body; to the inside.	
Toward the back or dorsal side of the body.	
Refers to lying down in a “face up” position.	
Refers to lying in a “face down” position.	

Define the following types of muscle contractions:

Isotonic-

Isometric-

Isokinetic-

To mitigate the blood pressure response, what is the suggestion for isometric exercises?

Define the following:

Agonist-

Antagonist-

Complete the following table:

Muscle Group	Joint Actions	Exercises to Target
Gluteus Maximus		
Abductors (Gluteus Medius, Gluteus Minimus, Tensor Fascia Latae)		
Adductors		

(Adductor Longus, Adductor Brevis, Adductor Magnus, Pectineus)		
Chest (Pectoralis Major)		
Back (Latissimus Dorsi)		
Back (Rhomboids and Mid- Trapezius)		
Shoulder: (Deltoids - Anterior deltoid, Medial deltoid, Posterior deltoid)		
Biceps		
Triceps		
Calf (Gastrocnemius, Soleus)		
Shin (Anterior Tibialis)		
Abdominals (Rectus Abdominis, Internal & External Obliques)		
Hip Flexors (iliopsoas)		
Erector Spinae (Spinal Erectors)		

Lesson 3 - Fitness Components

List and describe the health-related components of fitness:

Component	Description

What type of strength training is used in signature formats?

What is the suggestion for breaking down a strength training movement in a SilverSneakers Class?

What type of stretches are recommended during the warm-up?

What type of stretches are recommended during the final stretch?

What is the leading cause of fatal and non-fatal injuries for older adults in the U.S.?

List and describe the 5 skill-related components of fitness:

Component	Description	Examples of Drills

What is **cognitive health**?

Describe ways you can target cognitive health in your classes:

Lesson 4 - Training Principles

There are 5 functional movement patterns. List, describe and provide exercise examples of each.

Functional Movement	Description	Sample Exercises

Multi-planar movement provides a framework for functional training. Activities of daily living are functional, therefore requiring multi-planar training.

SilverSneakers® has identified movement patterns that possess a high degree of risk for the general older adult population. Explain the risk and alternatives for each recommendation.

Recommendation	Definition	Risks	Alternative
Limit the number of bilateral overhead arm movements	Movements where both arms go over the head with resistance		
Avoid exercises that cause excessive forward flexion at the hip	Hip flexion beyond 45 degrees in a seated position and 90 degrees standing		
Use caution when programming inversions	Movements where the head is below the heart		
Avoid jamming or locking joints or forcing joints into stretch	Forcing a joint beyond its unassisted range of motion; moving a joint in a way that compromises stability		
Avoid Overuse	Excessive repetitions of an exercise or movement		

Muscular balance is important when programming a class. Describe a few ways you can help to improve muscular balance in your classes:

- 1.
- 2.
- 3.

Describe the SilverSneakers Strength Position while **standing**:

Describe the SilverSneakers Strength Position while **seated**:

Lesson 5 - SilverSneakers® Tools

Many tools are used in SilverSneakers classes. List the tool, suggested usage, and instructor tips for each.

Tool	Suggested Usage	Tips