

## ***Recommended Reading:*** **Exercise for Older Adults module**

### **Chapter One – Physiology of Aging and Exercise**

- pp2-18
- Especially, pp3-4 + p7 + pp14-16

### **Chapter Two – Understanding and Motivating Older Adults**

- pp26-67
- Especially, pp34-35 + pp59-61

### **Chapter Three – Common Health Challenges Faced by Older Adults**

- pp74-97
- Especially, pp76-78 + p91 + p94 + pp96-97

### **Chapter Four – Pre-Exercise Screening and Fitness Assessment**

- pp102-110 & then pp114-118 > all of these important
- All other pages in this chapter are “out-of-scope” therefore NO reading necessary

### **Chapter Five – Older Adult Exercise Techniques**

- pp130-162 & pp171-179
- Especially, pp131-140 + p177
- Exercises & techniques = pp142-161 + pp174-175
- *No need to read aquatic section, pp162-171 ...unless you are also planning to become Aquatic instructor of Older Adults*

### **Chapter Six – Exercise Programming and Leadership**

- pp184-208
- Especially, pp184-186 + pp195-197 + pp199-200

***THESE ARE THE MOST IMPORTANT PAGES TO READ BEFORE COURSE***