

Exercise and the Older Adult

COURSE DETAILS

AIMS

In our constant endeavour to improve and expand on the opportunities available to our graduates, and other qualified fitness instructors, NCEHS have developed this one day certification programme to meet demand from the health fitness industry for qualified and competent fitness instructors who can specialise in the specific exercise requirements of the older adult.

The aim of this programme is to provide the health fitness instructors and personal trainers with skills that will assist them to help older adults maintain and develop functional fitness and age 'successfully'.

In order to meet a high standard of instruction and to satisfy insurance requirements, the National Qualification in Exercise and the Older Adult is open to application from fitness instructors who hold a recognised and valid qualification from NCEHS, NCEF, ITEC etc.

VENUE

This course takes place at the National Training Centre, 15-16 Saint Joseph's Parade, Dorset Street, Dublin 7 and Mardyke Arena, University College Cork, Western Road, Cork

SYNOPTIC SYLLABUS

Benefits of exercise and the older adult

Physiological considerations in developing exercise programs for older adults

Understand acute and chronic adaptations in relation to exercise and the older adult

Screening & evaluation methods

Appropriate exercise prescription for the older adult

Optimal training methods

Nutritional needs of the older adult

TIME

This course takes place on the Sundays listed below. It lasts one day and runs from 10.00 until 17.00.

CPD

Please contact REPS Ireland at enquiries@repsireland.ie or Tel: 045 859162.

AVAILABLE ON-SITE FOR GROUPS OF 8 OR MORE - CALL 01 - 882 7777 FOR DETAILS

Book online at www.ntc.ie

Exercise and the Older Adult - Enrollment

Name

Address

Contact Details

Home Telephone

Work Telephone

Mobile

Email

Payment Type



Cheque / Draft / Cash Card

Payment Amount

Full Price €180.00 Discounted Price €150.00

Discounted price only for NCEHS Qualified Fitness Instructors

Credit / Debit Card Number

Expiry Date

Security Code

Cardholder Name

2010 Date Selection - Dublin

April 18th October 3rd

2010 Date Selection - Cork

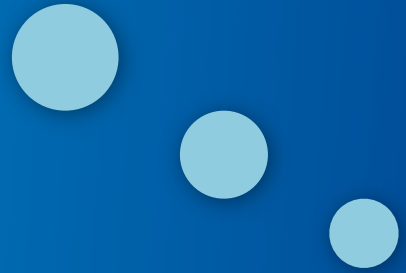
July 25th

Terms

I, the undersigned, declare that all the information supplied by me on this enrollment form is complete and true to the best of my knowledge. I agree that when participating on courses offered by The National Training Centre that I will be bound by National Training Centre rules and regulations. I understand that places on the Exercise and the Older Adult programme may only be reserved when course fees have been paid and that all course fees are non-refundable. I also understand that in order to qualify to participate on the Exercise and the Older Adult programme I must hold a valid, recognised fitness instructor qualification which has been awarded or renewed within the past five years. I understand that no certificates will be issued in respect of the Exercise and the Older Adult programme until I have submitted a copy of my fitness instructor qualification. Graduates of the NTC do not need to submit copies of fitness instruction qualifications. While dates and prices contained in this information leaflet are unlikely to alter, they may be subject to change without notice. Course start dates may be subject to change. If a course start date changes you will be offered the opportunity to transfer your enrollment to the new date or to receive a full refund of any fees paid. Should a course be cancelled or postponed the National Training Centre will not be held responsible for any additional costs incurred by the student, including, but not limited to, transport or accommodation. Once a course commences, although extremely unlikely, class dates and times may be subject to change. Tutors for individual classes on courses may be subject to change. Any and all special offers and/or promotions offered in relation to enrollment for any course are always subject to availability. Although the National Training Centre will always endeavour to meet all demands in relation to such offers, should there be no availability for any offer an alternative or cash amount will not be offered.

Applicant Signature

Date



National Qualification in Exercise & the Older Adult

"vital and life enhancing exercise benefits for aging populations"

Schedule 2010

