

APTAG CEEAA Course 1 Information

OBJECTIVES CEEAA COURSE 1:

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

1. Describe demographics related to aging adult populations, including disease trends and disability
2. Understand why physical therapists the ideal professionals are to work with aging adults
3. Identify the anatomical and physiological changes in the aging adult
4. Identify and perform the best tests and measures for examination of aging adults

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 previously).

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 (one from each of the 3 courses) within 3 months of the specific 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	Welcome Remarks, Changes of aging; functional requirements for community-living aging adults; Clinical decision- making
10:00-10:15 am	BREAK
10:15-12:15 pm	Aerobic capacity/endurance tests and measures
12:15-1:00 pm	LUNCH
1:00-3:15 pm	Aerobic capacity/endurance tests and measures (cont.); anthropometric characteristics tests and measures; arousal, attention, and cognition test and measure; gait, locomotion, and balance tests and measures
3:15-3:30 pm	BREAK
3:30-5:00 pm	Gait, locomotion tests and measures

Day 2	Schedule
7:00 – 7:30 am	Continental Breakfast
7:30 - 9:30 am	Vestibular and balance tests and measures (continued)
9:30 – 9:45 am	BREAK
9:45 – 12:15 pm	Muscle performance tests and measures
12:15 – 1:00 pm	LUNCH BREAK
1:00 – 3:00 pm	Posture tests and measures; range of motion tests and measures; sensory integrity tests and measures
3:00-3:15 pm	BREAK
3:15 – 4:30 pm	Multipurpose tests and measures, Home safety issues

Attire

Please dress comfortably: exercise clothing and athletic shoes are required

Supplies to Bring

Participants are REQUIRED to BRING:

- Stopwatch (preferably not cellphone)
- Tape measure
- Sphygmomanometer
- Stethoscope

Recommendation for Course 1 ONLY:

The Senior Fitness Test Manual by Rikli and Jones, Human Kinetics publisher (from \$30 available at www.amazon.com or www.barnesandnoble.com or \$39 at www.humankinetics.com) is a good supplement to the materials you will be using during this course.

CEEAA Course Series Pre-Reading Assignments:

Prior to the course 1, please review the following articles/resources (all are full text, open access):

- Woolf S, Schünemann HJ, Eccles MP, et al. Developing clinical practice guidelines: types of evidence and outcomes, values and economics, synthesis, grading, and presentation and deriving recommendations. *Implementation Science*. 2012; 7:61. Available at: <http://www.implementationscience.com/content/7/1/61>
- Fritz S, Lusardi M. White Paper: "Walking speed: the sixth vital sign." *J Geriatr Phys Ther*. 2009; 32:2-5. Available at: http://journals.lww.com/jgpt/Fulltext/2009/32020/White_Paper_Walking_Speed_the_Sixth_Vital_Sign_.2.aspx
- Lusardi MM, Fritz S, Middleton A, et al. Determining Risk of Falls in Community Dwelling Older Adults: A Systematic Review and Meta-analysis Using Posttest Probability. *J Geriatr Phys Ther*. 2017;40(1):1-36. doi:10.1519/JPT.0000000000000099

Thank you for your interest and participation in CEEAA certification course series.

If you have any questions or concerns, please contact aharjung@aptageriatrics.org