

Active Ageing

Lesson 5

Exercise Class Format

Learning Outcomes



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- At the end of this lesson you will be able to:
- Plan and implement an exercise class safely and effectively.
- Structure an exercise class appropriate to client's needs



Learning Outcomes



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- Implement correct warm up and cool down procedures.
- Adapt the exercises to suit clients who need special consideration.



Exercise Class Structure



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- General Guidelines:
 - Icebreakers
 - Warm up
 - Activity
 - Cool down
 - Chat



Warm up



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- Music 120bpm
 - Gradual long warm up – 20mins
 - Include dynamic movement

Warm Up



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- Include joint mobilisation- Work joints through full ROM (If joint is inflamed do not mobilise)
 - Include pulse raiser- increase HR, Breathing rate and body temperature

Muscles to be Strengthened



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Strengthen:

- Anterior tibialis
- Rhomboids
- Hamstrings
- Trapezius
- Triceps
- Latissimus dorsi
- Gluteals
- Deltoids (Posterior)
- Erector Spinae
- Abductors
- Abdominals

Muscles to be Stretched



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Stretch:

- Gastrocnemius
- Upper Trapezius
- Quadriceps/iliopsoas
- Pectorals
- Hamstrings
- Sternocleidomastoid
- Deltoids (anterior)
- Adductors
- Erector Spinae
- Abductors
- Obliques

Strength



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- Improve strength:
 - Use all major muscle groups
 - Use machine weights, light dumbbells, body resistance, bands.
 - Make sure programme is balanced and include single and multi joint exercises.

Balance



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- Improve balance:
 - Move in different directions
 - Exercise to music/movement classes
 - Three dimensional movements eg. Racket sports
 - Music Tempo: 90- 120bpm

Balance



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- Single Limb Stance Exercise
 - Hold on to back of chair
 - Lift right foot and balance on left.
 - Hold position for as long as possible
 - Switch feet
 - Goal: Hold pose for 1minute

Balance



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- Walking Heel to Toe
 - Place right foot in front of left – heel to toe.
 - Move left foot in front of right, putting weight on heel.
 - Shift weight to toes
 - Repeat with left
 - Goal: Try do 20 steps



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More Balance Exercises

- Rock the Boat
 - Stand with feet hip distance
 - Transfer weight to right foot and slowly lift left leg.
 - Repeat on other side
 - Goal: Try to do at least 5 reps per leg and hold for up to 30secs each time.



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More Balance Exercises

- Side Leg Raise
 - Stand behind chair with feet slightly apart.
 - Slowly lift right leg to the side.
 - Back straight and look straight ahead.
 - Lower leg and repeat other side.
 - Goal: Try to do 10-15 reps each side

Arthritis



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- Include flexibility training:
 - ROM exercises 5- 10 times daily.
 - Morning time – helps to thin out fluid and get joints mobile
 - Yoga and tai chi

Arthritis



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- Include strength training:
 - One set of 8-10 exercises for major muscle groups 2- 3 times per week.
 - Ensure sufficient intensity to challenge muscles.

Arthritis



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- Aerobic:
 - 150mins per week spread out over several days.
 - Moderate intensity(use talk test)
 - Walking, aerobics, aquatic, stationary bike, treadmill or any daily tasks that increase HR

Arthritis



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- Body Awareness exercises:
 - Posture, balance, coordination and relaxation.
 - Improve overall function and reduce risk of injury
 - Yoga , Tai chi

Wheelchair User



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- Aim for 150mins exercise per week
 - Intensity: Raise HR, break a sweat while still holding a conversation
 - Start with 10min sessions building up to 20mins

Wheelchair User



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- Encourage pushing the wheelchair – try to avoid electric wheelchair – encourage exercising abs for good posture.
 - Dynabands are extremely useful for upper body resistance work

Wheelchair User



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- Focus on the “ability” rather than the “disability” – ask what can the client “do” rather than what the client “cannot” do!



Wheelchair User



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- Chair aerobics – a series of seated repetitive movements as well as strength training exercises performed at a fast pace with high reps will increase HR.
 - Wrap a resistance band under/around chair and perform chest/shoulder press rapidly (1 up and 2 down)

Wheelchair User



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- Wrap band around pole or other fixed object for horizontal pull exercises and overhead for vertical pulling exercises
 - Check out local swimming pools for therapy programmes for wheelchair users or aqua aerobics for those with limited leg function

Communication



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- The most effective exercise programme is the one they will do!
 - Communicate effectively – circle formation works well
 - Encourage social interaction and have some fun!!



Communication



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- Make sure all clients can see you –positioning.
- Use verbal and visual cues
- Keep instructions short, concise and use everyday language.



Safety



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- Look for signs of distress and act immediately
 - Be PHECC(Pre-Hospital Emergency Care Council) registered and certified
 - Stop exercise immediately if client experiences -Chest Pain, Light headedness, Confusion, Pallor, Nausea, Sharp leg pain, Shortness of breath.

Next Topic



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- In the next few lessons we will look at some psychological issues as well as nutrition and hydration for the older adult.

