

Bachelor of Science in Exercise & Health Fitness (B.Sc.)

Year 2: Higher Certificate in Exercise & Health Fitness (HCEHF)

Active Aging for the Older Adult Specialist (SS3051)

OA



National Council
for Exercise & Fitness



UNIVERSITY of LIMERICK
OLLSCOIL LUIMNIGH



NCEF Head Office,
PESS Building,
University of Limerick,
Castletroy, Limerick
T: 061-202829
F: 061-335911
E: ncef@ul.ie
www.ncefinfo.com

This is a specialist qualification in Year 2 of the B.Sc. in Exercise & Health Fitness. Applicants who register for the HCEHF may choose this specialist course as one of their options.

RECOGNITION: 15 European Credit Transfer System (ECTS) credits towards the Higher Certificate/ Diploma/B.Sc. in Exercise & Health Fitness through a flexible learning pathway.

The Higher Certificate/Diploma/B.Sc. are awarded by the University of Limerick and are placed at Levels 6/7/8 on the National Qualifications Framework (NQF) and Levels 5/6 on the European Qualifications Framework (EQF).

Aim:

To provide participants with the skills, knowledge and competencies to design group exercise classes and prescribe progressive exercise programmes suitable for independent older adults of varying levels of fitness in a gym, leisure centre, care setting or community environment.

Course Details:

- There is one contact day for this course. Participants will complete the remaining contact hours including theoretical elements and basic techniques via an e-learning website prior to the contact day. The theory website will be available to registered students approximately one month prior to the contact day.
- The Final Written Assessment will consist of an online assessment.
- The Final Practical Assessment will be by submission of a DVD showing practical teaching/ instructional ability. Criteria and details will be provided at contact day.
- All participants will also be required to complete a work experience report.

Entry Requirements:

(A) For Certificate in Exercise & Health Fitness (CEHF) Graduates and Recertified NCEF Level 1 holders:

- Completed NCEF/UL Application Form
- Curriculum Vitae outlining your work experience in the industry
- Copy of your CEHF/PEAI NCEF Level 1 Certificate

(B) For Expired NCEF Level 1 holders (1987-2006) and for those with equivalent qualifications:

- Completed NCEF/UL Application Form
- Applications for entry on to this module is through the NCEF/UL Recognition of Prior Learning (RPL) Scheme*. Applicants will be assessed on an individual basis and in accordance with NCEF/UL RPL criteria. RPL applicants are required to complete a pro-forma Portfolio of Learning (POL). This form is available from NCEF Head Office or online at www.ncefinfo.com

OFA Occupational First Aid (OFA) is an NCEF & industry requirement. All candidates must provide a current OFA Certificate on application.

* Please note an RPL fee applies to all applicants required to submit a POL Form. On successful acceptance the fee is deducted from the overall programme fee.

All candidates accepted onto this module must submit the following:

- Occupational First Aid (OFA) is an NCEF & industry requirement. All candidates on the above programme must provide a current OFA Certificate on application.
- **Garda Vetting:** All candidates will be required to complete Garda Vetting as per normal procedures for NCEF/UL Registered Students who will work with older adults.



Course Content

1. Introduction to Active Aging

- History & Benefits of physical activity
- Current research on physical activity and health in the older populations

2. Applied Anatomy & Physiology

- Understand the effects of ageing on health and physiology
- Understand the increasing risk of developing non-communicable disease (NCD) e.g. cardiovascular disease, osteoporosis etc. (all can be named here), to include Alzheimer's disease and Parkinson's disease.

3. Client Screening

- Health and lifestyle screening
- Considerations for participation in physical activity and exercise
- Guidelines for referral

4. Programming

- Principles and considerations of programme design for individuals and groups
- Contraindications to participants
- Class planning and programme design

5. Active Aging: Applications

- Work Experience
- Preparation for Assessment

6. Final Summative Assessments

- Summative Practical (Submission of a DVD)
- Summative Written (On-line)

Tutors

All Tutors hold qualifications in the area of Exercise & Health Fitness or related area. Many of these tutors are teaching and/or conducting research in the areas of Education, Physical Education, Sport & Exercise Science and Recreation Management.

Continuing Professional Development (CPD)/ Lifelong Learning

This Module will earn PEAI/ NCEF holders 650 Continuing Education Credits (CEC's). An extra 75 CEC's are available on successful completion of assessment requirements.

15 ECTS Credits towards the Higher Certificate/Diploma/B.Sc. in Exercise & Health Fitness

