

CED2468 – Build Your Bones**INSTRUCTIONAL HOURS: 8****RECOMMENDED PRE-REQUISITE(S): N/A****CO-REQUISITES: N/A****APPROVED FOR USE IN ACADEMIC SEMESTERS: 2013-2014****COURSE DESCRIPTION:**

This class is designed for those at risk of developing osteoporosis. Classes focus on balance, posture and functional strengthening. This program is designed and delivered by an Advanced Bone Fit certified professional. The goal of the program is to help you to be stronger and to move confidently through your daily activities with the fear of falling. The first class will be an assessment class to help the instructor to design a program that will benefit all levels of fitness

RATIONALE:

To get fit and have fun!

COURSE DELIVERY:

The course content will be presented through a blend of instructional methods which may include lecture, discussion, and hands-on activities.

LEARNING OBJECTIVES/OUTCOMES:

Upon successful completion of this course, the student will be able to:

- Understand heart rate and perceived exertion for the purpose of monitoring intensity
- Adjust workout to safely increase or decrease intensity
- Understand the value of incorporating walking and strength training in a healthy active lifestyle
- Understand the importance of nutrition and hydration in a healthy active lifestyle
- Execute modifications to cardiovascular, muscular strengthening and flexibility exercises to safely increase or decrease intensity of workout
- Understand modifications to many daily activities to prevent osteoporotic fractures

TOPICS

1. Your T- score
2. Safe Exercises for Improving Fitness
3. Nutrition
4. Monitoring your Intensity
5. Medication and Osteoporosis

REQUIRED COURSE MATERIAL: (to be purchased by the learner)

Not applicable but students should have indoor shoes and are encouraged to bring a water bottle.

STUDENT EVALUATION

The student's progress will be recorded using the following grades.

S - Satisfactory achievement in field /clinical placement or non-graded subject area.

U - Unsatisfactory achievement in field/clinical placement or non-graded subject area

Teaching Contact

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Academic Manager Signature

"Ted Newbery"

NOTICE TO ALL
STUDENTS:

We urge you to retain this course outline for future reference. There is a charge for additional copies.