



 TRAINFITNESS

# Exercise for Older Adults

# LEARN HOW TO ADAPT EXERCISE FOR OLDER ADULTS

As life expectancy continues to increase, greater emphasis has been placed on maintaining health and fitness levels in people aged 50 and over.

Our Exercise for Older Adults course is designed to give you the necessary skills to plan and adapt exercise for older adults. If you're already a personal trainer, you can add this specialist course to your skillset to broaden your potential client base and help more people improve their quality of life.

For over 20 years we've enabled thousands of people to turn their commitment to helping others into rewarding careers in the health and fitness sector. We can help you too.

As the trusted authority in exercise education, our customer experience rating is 4.8 out of 5. See what our customers have to [say](#).

You can get started on your Exercise for Older Adults course today. As soon as you enrol you can enjoy instant access to your course and [Learner Support](#) via our mobile app or website.

Upon successful completion of the course you'll achieve the relevant Level 3 qualification, the certificate for which will be issued by the awarding organisation.

Our Exercise for Older Adults course is also recognised by PD:Approval and CIMSPA, and meets the criteria for official American College of Sports Medicine Approved Provider status<sup>◊</sup>.

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## COURSE BREAKDOWN



### DELIVER ADAPTING EXERCISE FOR INDEPENDENTLY ACTIVE, OLD PEOPLE

- Understanding the Aging Process
- The Effects of Aging
- How to Support Older Adults in Exercise
- Planning Exercise for Older Adults
- How to Plan and Adapt Exercise for Independently Active Older People



# DISTANCE STUDY

STUDY  
OPTION

To provide you with the ultimate in flexibility, our Exercise for Older Adults course is delivered by distance (home) study. You'll complete as home study the online course material, online theory assessment and portfolio.





## PAYMENT OPTIONS

Not only is our Exercise for Older Adults course excellent value for money, we also offer two payment options to make getting started even easier.

**Prompt Payment** - Choose to pay in full, up front; either with a debit/credit card or via PayPal; over the phone, via our website, or in person and you'll benefit from a discount of up to 20% off the regular price.

**Finance Plans (Up to Five Years)** - If approved for finance, you'll pay the regular price over a number of months via a third-party payment plan. These plans have terms of six months to five years and may include 0% interest and zero credit charges with a deposit of just 5% in some instances.

Deposit amounts are at the discretion of the lender and finance is subject to eligibility criteria. See more about payment plans [here](#) or call us .



# FREQUENTLY ASKED QUESTIONS

## **IS THE EXERCISE FOR OLDER ADULTS COURSE RECOGNISED?**

Yes. You'll achieve the relevant Level 3 qualification upon successful completion of our Exercise for Older Adults course, the certificate for which will be issued by the awarding organisation.

The course is also recognised by PD:Approval and CIMSPA, and meets the criteria for official American College of Sports Medicine Approved Provider status<sup>◇</sup>.

## **HOW IS THE EXERCISE FOR OLDER ADULTS COURSE DELIVERED?**

The course is delivered as Distance (home) study. You'll complete as home study the online course material, online theory assessment and portfolio.

All **TRAINFITNESS** courses are managed via our proprietary, custom-built Virtual Learning Environment (VLE). A main feature of our VLE is the Student Desktop which is available to you as soon as you enrol. Through the Student Desktop you'll view and complete the online course material and theory assessment, submit your portfolio and access our Help Desk.

Using the **TRAINFITNESS** app you can also do all of this on the move via the Mobile Student Desktop. Our app is compatible with iOS 8.1 and above and Android 5.0 and above and you'll need a wireless internet connection. Devices, manufacturers and operating systems are subject to change.

## WHAT ARE THE PREREQUISITES?

A basic level of English and Maths is necessary to understand the course content. As a minimum, you must hold a Level 2 Certificate in Fitness Instruction qualification.

## WHAT SUPPORT IS AVAILABLE?

As soon as you enrol you'll have access to our Learner Support service.

This team of experts is committed to helping you study questions and administration queries via phone, email, or the Help Desk.





# WHAT PEOPLE SAY ABOUT US



## Joss Mooney

@jossmooney

Doing the **TRAINFITNESS** Personal Training course has allowed me to pursue my goals as a personal trainer and fitness model. Not only has it given me the knowledge and ability to offer quality online training plans to my clients, but the **TRAINFITNESS** course has helped me elevate my own workouts by applying solid principles and techniques.

## Chessie King

@chessiekingg

It was incredible. The mix of theory and practical was perfect. The support was amazing and I loved doing the intensive course.



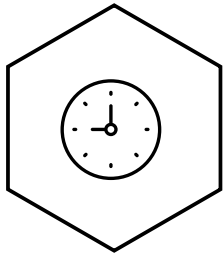
## Harrison Twins

## Lewis and Owen Harrison

@lewis\_harrison / @owen13

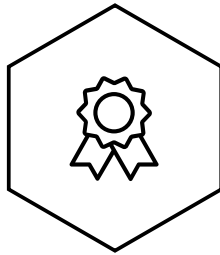
We were looking for a high quality personal training course close to home. **TRAINFITNESS** offered everything we needed. With the help of the **TRAINFITNESS** course material and tutor, we now have the qualification to develop our career in fitness further, including running our own boot camps across Europe and offering online workouts for our social media followers.

# A FEW THINGS THAT SET US APART



## **20+ YEARS OF EXPERIENCE**

We've trained thousands of people just like you since the year 2000.



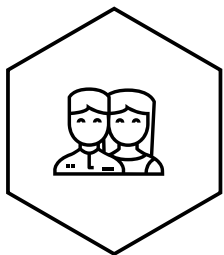
## **FULLY ACCREDITED**

This course is accredited by a national awarding organisation, and is recognised by PD:Approval and CIMSPA.



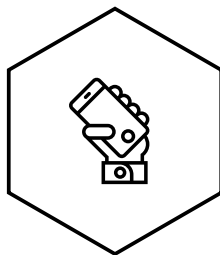
## **INTERNATIONAL RECOGNITION**

This course meets the criteria for official American College of Sports Medicine Approved Provider status<sup>◇</sup>.



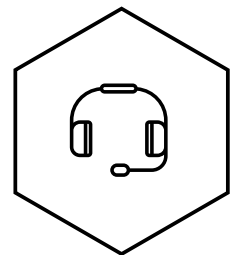
## **TOP TUTORS**

Enjoy learning from some of the industry's best tutors with real-world experience as both educators and personal trainers.



## **TECHNOLOGY LEADERS**

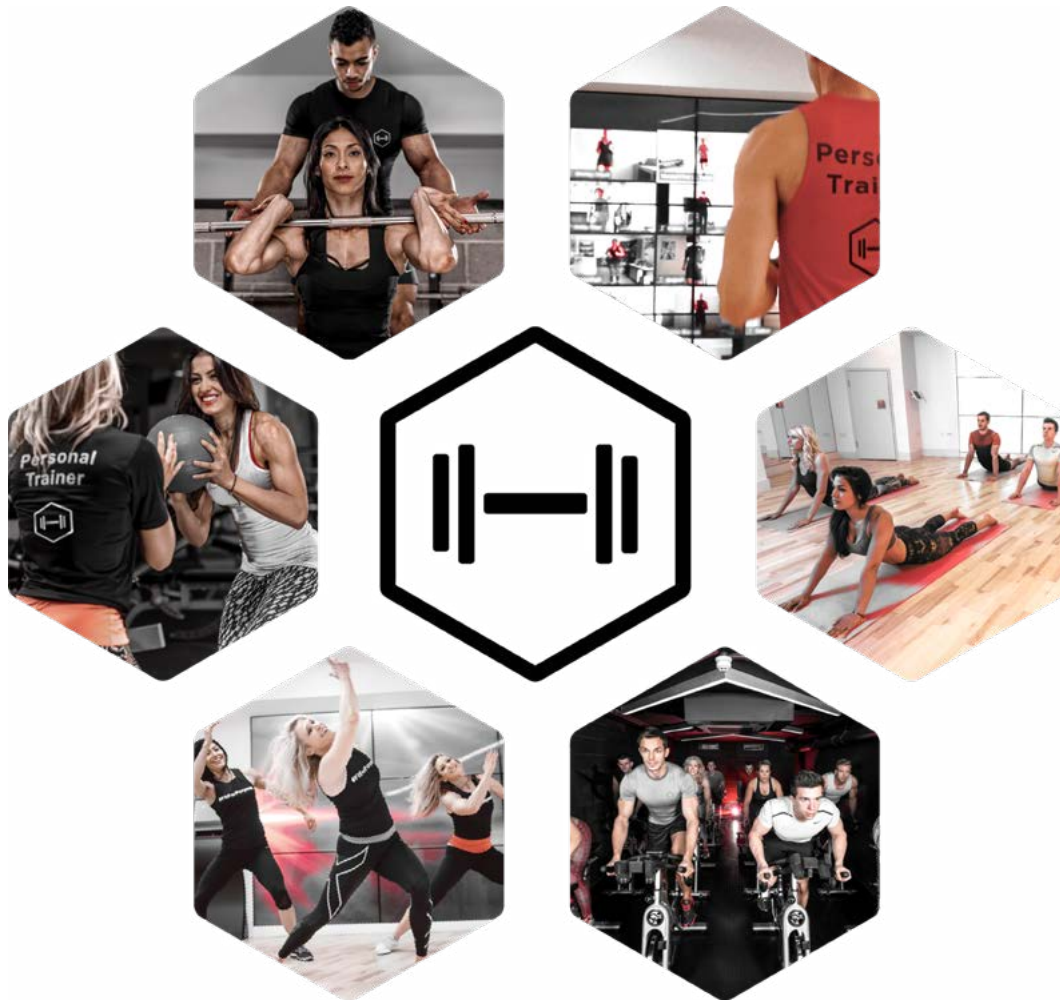
We were the first training provider in the UK fitness sector to offer online learning; tutor-led, Virtual learning conducted in real time; and an app for truly mobile learning.



## **SUPERIOR SUPPORT**

Our in-house support team are here to help you with questions, both great and small.

## **AND MUCH MORE**



**#FITFORPURPOSE**



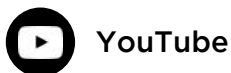
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Instagram



Twitter



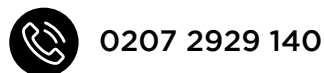
YouTube



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