

10/23/20

**Title:**

Chronological Age vs. Physiological Age.

Practical Implications for Older Adults Training

*By Julio A. Salado, NSCA-RCPT\*D, NREMT-B*

*juliosalado@fitnessfoundry.net [www.fitnessfoundry.net](http://www.fitnessfoundry.net)*

**Training Workflow: Total Time 75 Minutes**

**First Segment: 20 minutes**

1. Introduction:
2. About the Author:
3. What You Will Learn
  - New perspective on chronological vs. physiological age for training older adults.
  - Perception and Fears: The Missing Link of Older Adults Training
  - Introduction to the SPARTA Method for goal setting and for prescribing a fitness regimen.
  - Practical applications of Auxiliary Exercises in your program design and coaching tips.
  - Increase value of remote or in club personal training by collaborating with other health and medical professionals and being an online resource.
  - Based on the SPARTA Method
4. **New perspective on chronological vs. physiological age for training older adults.**
5. Group Exercise
6. Statistics: Related to older adults.
7. Main Take Away
8. **Shan Quote: Wayne W. Dyer**

**Second Section: 25- 30 minutes**

9. **Perception and Fears: The Missing Link of Older Adults Training:**
10. Video: Emphasize Coaching. Trust. Safety.
11. Group exercise:

12. The phrase “Our perception of our own limitations” can be meaningful to all of us. That is, the phenomenon of perception centers in the mind, independent of how it shows up through our actions or inactions.
  - The fear may have developed after a past accident or injury, and this response can naturally lead a person to be cautious.
13. But what happens when we become overly cautious?
14. The good news is that the phenomenon of perceived limitation can be addressed! of John T Side Hops
15. Unlike previous older-adult training models, the SPARTA method is not exclusive to one training modality.
16. Main Take Away
17. **Shan Quote: Maya Angelou**

### Third Section: 20-30 minutes

18. **Introduction to the SPARTA Method**
19. Video: SPARTA Method for goal setting and for prescribing a fitness regimen
20. Group Exercise
21. The SPARTA method involves a synchronicity of Western exercise science and Eastern holistic arts that helps seniors overcome the perception of limitations and movement, promotes acuity, and develops self-confidence, which leads to more **empowerment**.
22. The SPARTA method originates from two widely used methods by health and fitness professionals:
23. The SPARTA Method: The acronym for the SPARTA method of goal setting and exercise selection for older adults actually describes the system:
24. Let us dig deeper regarding perceived exertion, physical capability and perceived limitation/fear.
25. Video: Eccentric exercise.
26. Main Take Away
27. **Shan Quote: Iggy Pop**

### Fourth Section: 20-30 Minutes

28. **Practical applications of Auxiliary Exercises in your program design and coaching tips. (*One online and in club example for exercises*) Nick towel row.**
29. Group Exercise:
30. What is the main difference between the athlete and older adult?
31. Video: Non-traditional strength training.
32. What are the similarities between training athletes and older adults?
33. What exercises work best with the SPARTA method?
34. The SPARTA auxiliary exercises have multiple movements, with different joint kinematics and muscle origins that influence the kinetic chain checkpoints:
35. Video: Tai Chi and 7 fundamental human movement
36. Movement Efficiency

37. Group Exercise:

- I will give an example of auxiliary exercise for a few of the seven fundamental human movement.
- We will also discuss a variation that can be done at home for remote training clients.

38. **Gait:**

39. Farmer Walk with Steel Mace:

40. Farmers walk with body bar:

41. **Hip Hinge:**

42. Hip Internal Rotator:

43. Hip Hinge Resistance Training:

44. Seated Eccentric Single-Leg Hamstring Slide (Partner Training).

45. **Push:**

46. Clock Wall Pushup:

47. Battle Ropes Overhead Press:

48. **Squat.**

49. Standing Ankle Mobility

50. Wide Stance Squat to Chair (Optional).

51. Reactive Neuromuscular Squat with Resistance (Partner Training):

52. **Pull:**

53. Split Stance Single Arm Cable High Row:

54. **Additional Auxiliary Exercises.**

55. Frontal Plane:

56. Dynamic and Isometric Combos:

57. Grip Strength

58. Floor Exercises: Bear Crawl Variations:

59. Sled Drag with Power Row:

60. Lateral Low Impact Hops to Stabilization:

61. Sparta Squat:

62. Main Take Away:

63. **Conclusions:**

64. Professionalism. Education. Safety.

65. There are three reasons that the health and fitness professional's unique skill sets can be effective with one or more the domains of intrinsic capacity:

66. Become a Resource.

67. Viewing Older Adults Through a New Lens.