




Comprehensive Physical Activity for Older Adults Certificate

Unique training *developed for students in a degree program in Scienze Motorie at Università degli Studi di Verona*

Sessions held at the Canadian Centre for Activity and Aging in London, Ontario, Canada

In Canada!  Session 1: February 2018
Session 2: August 2018

\$1500 CAD (*airfare and accommodation are responsibility of the student*)

Interested students please contact
Clara Fitzgerald, Director: cca@uwo.ca

This five-week program will incorporate training in all of the following:

Seniors' Fitness Instructor Course (SFIC) – Fast Track*

Developed by academic researchers and experts in the field to address a need for training and information about appropriate physical activity programs for older adults.

Functional Fitness for Falls Prevention (FFFP)

Designed to help you initiate effective fall prevention initiatives in the community or a facility.

BALL-Facilitator

Certification that enables you to lead workshops on including exercise balls into functional mobility programs for both higher and lower functioning older adults.

*Includes placement opportunities directly within CCAA's SFIC-based exercise programs and the opportunity to complete SFIC certification.



Western
Canadian Centre for
Activity and Aging