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GERIATRICS LUNCHTIME LEARNING

Name: _____ Email Address: _____ Date: ____/____/____

Program Title: "Aging and Exercise"

Speaker(s): Tamara Gravano, PT, DPT, GCS, CEEAA

Objectives:

At the conclusion of this program, participants should be able to:

1. Describe the functional differences in healthy and frail older adults
2. Analyze the responses to exercises in the body systems (cardiovascular, musculoskeletal, neuromuscular, mental health, endocrine, morbidity/mortality, quality of life/functional abilities)
3. Describe the components of the physical therapist exercise prescription
4. Analyze the evidence in exercise prescription for older adults including: aerobic conditioning/endurance training, muscle performance training, and utilize the consensus guidelines for exercise for aging adults

Overall Presentation

1. The presentation objectives were met.

Agree

Somewhat Agree

Disagree

Strongly Disagree

2. Briefly summarize what you have learned about older adults and exercise in this presentation.

3. List two body systems outlined in the learning objectives and their response to exercise:

How can attending this program affect your current practice and/or position?

What will you do differently in your practice and/or position as a result of your attendance in this program?
