

Kin 294 A/B – Practicum in Adult Fitness Assessment

Physical activity and exercise can have numerous benefits related to both the health and quality of life for individuals of all ages and an appropriate exercise program should be designed based on an individual capabilities.

Experience in the assessment of physical function in adults and older adults is important for both prescription and program evaluation. This practicum course provides training in conducting fitness assessments in older adults and provides practical experience in working with older adults through the Walk with Ease program coordinated through the ExerCYse Is Medicine outreach program.

The experience can be a valuable skillset for anyone looking to enter into physical therapy, occupational therapy or exercise science related careers.

- Unique Features of the Course

- Builds applied fitness assessment skills (Part A)
- Provides opportunities to interact with older adults (Part B)
- Linked to the '*Walk with Ease*' research project / intervention
- Connects with the Departmental 'ExerCYse is Medicine' program

- Prerequisites

- Kin 258 and permission of instructor required to enroll

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www.physicalactivitylab.org/kin-294.html

