



# Performing Beyond: Strength and Balance Training in Older Adults

Exercise plays a pivotal role in restoring and maintaining functional independence in older adults. Older adults are at risk of sarcopenia, which is characterised by progressive reduction of muscle mass and strength. This affects their balance and their functional mobility, resulting in an increased risk of falls. Strengthening exercises and balance training helps to combat sarcopenia.

## COURSE DETAILS



**12 JAN 2026**  
**9 am to 5 pm**



### Learning Objectives

- Describe the impact of sarcopenia and purpose of strength training
- Describe and recognize different types of lower limb strength exercises, common compensatory patterns and how to prevent them
- Apply the Teaching Exercise Checklist in guiding clients on 5 strength exercises by relating to their activities of daily living (ADLs)
- Identify the various components that make up the balance system balance exercises.



**Course Fees**  
**\$550.00 (excl GST)**



### Who Should Attend

Health care staff involved in the care of older adults in setting such as centre based services, home therapy and nursing homes



### Method

Face to Face @ Ren Ci Learning Academy (71 Irrawaddy Road, Singapore 329562)

*A collaboration with Tan Tock Seng Hospital. Organised by Ren Ci Learning Academy and CAPE.*

