



Exercise Program for Older Adults

The rapidly growing number of older adults requires a skilled healthcare workforce to support them. As a care staff, you play a vital role in promoting health, maintaining independence, and preventing functional decline in this population. In this course, participants will learn how to **design and conduct therapy sessions and exercise programs** tailored to the needs of older adults.

Prior knowledge of commonly used exercises and experience leading group sessions is required.

COURSE DETAILS



26-27 Aug 2026
9 am to 530 pm



Learning Objectives

- Apply FITT principles to design programs for strength, balance and endurance training.
- Set up a safe environment for exercise.
- Recognise when it is not safe for exercises to be conducted.
- Progress or regress an exercise to suit the different needs of the older adults.



Course Fees

\$150 (incl. GST)

CCTG funding is eligible for 90% funding for Singaporean/Singapore Permanent Resident (PR) and 45% funding for foreigner.



Who Should Attend

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



Method

F2F