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## **Osteofit Performance Standards**

### **Impacts of osteoporosis on Health and Lifestyle**

#### Performance Standard

The Osteofit instructor will be able to define the condition of osteoporosis and its negative effects on independence and quality of life.

#### Competences

- a) Summarize classifications of osteoporosis.
- b) Summarize the economic burden of this disease condition on society.
- c) Identify risk factors for osteoporosis.
- d) Summarize the treatment options for the management of osteoporosis.
- e) Identify lifestyle behaviours that can be modified to decrease the risk of falls.
- f) Describe the role of exercise in decreasing the incidence of falls.
- g) Describe age related physiological changes among older adults.

### **Basic Nutrition**

#### Performance Standard

The Osteofit instructor will be able to explain Canada's Food Guide to Healthy Eating.

#### Competences

- a) Using Canada's Food Guide to Healthy Eating, identify food groups, describe the main principles of the guide, and state the recommended servings per day for adults from each food group.
- b) Identify the recommended number of daily servings for each food group for healthy living.

- c) Summarize recommendations of Calcium and Vitamin D for good bone health.
- d) Identify food sources of Calcium and Vitamin D.
- e) Describe the instructor's professional limitations when discussing nutritional information with participants.

## **Principles of Exercise Training for those with osteoporosis**

### Performance Standard

The Osteofit instructor will demonstrate a basic knowledge of exercise conditioning principles for those with osteoporosis.

### Competences

- a) Identify muscle imbalances that result from postural compromises in participants with osteoporosis.
- b) Identify fitness components that are specific to the training for the person with osteoporosis and addressing fall prevention. Namely, balance, posture, muscular strength, flexibility, agility, and coordination.
- c) Describe the F.I.T.T. (frequency, intensity, time, type) principle for improving each of the above components.
- d) Describe the overload principle for exercise prescription for this population.
- e) Describe the principle of specificity for exercise prescription.
- f) Describe the order of exercise for efficient and effective resistance training for this special population.
- g) Describe eccentric training principles as relevant to seniors' activities.
- h) Describe methods of adjusting levels of intensity to accommodate participants' individual fitness levels.
- i) Determine the most suitable exercise position (i.e. sitting, standing, or lying on a mat) to enable participants to perform the exercises with good core stability.
- j) Describe safe yet challenging activities to train balance, coordination, and agility.
- k) Describe objectives of an effective exercise program in improving ADL (Activities of Daily Living) for the participant with osteoporosis.
- l) Describe the importance and benefits of the flexibility and relaxation component of the Osteofit program.
- m) Describe an effective method of measuring progress and improvements in balance, functional leg strength, and mobility.

## **Exercise Analysis and Risk Management**

### Performance Standard

The Osteofit instructor will exemplify and demonstrate safety in all aspects of planning and delivery of the Osteofit program as well as demonstrate methods for preventing and managing injuries.

### Competences

- a) For a given exercise, analyze its intended purpose, potential risks to joint structures, and provide modifications or alternative exercises.
- b) Describe and demonstrate correct body alignment.
- c) Demonstrate the principle of exercise progression for a given muscle group.
- d) Implement the principle of specificity to effectively select the appropriate exercise option for participants' level of ability.
- e) Identify exercises which have the potential to cause injury.
- f) Identify activities with high risk for falling.
- g) Describe the responsibilities and legal liabilities of the instructor / facility associated with a participant's personal injury and specific medical background, and physical activity screening methods (i.e. Pre-screening methods such as the Par-Q).
- h) Give precautionary measures for beginning exercise participants that are designed to prevent injury and increase safety for all components of fitness.
- i) Know the set of emergency procedures for the facility and the employer. (i.e. first aid, support procedures, medical referral procedures, and follow-up).
- j) Describe the Osteofit instructors' professional limitations regarding the physical activity participation of adults who are not apparently healthy.
- k) Describe the Osteofit instructors' professional limitations for providing information on medical conditions and nutrition.

## **Program Planning**

### Performance Standard

The Osteofit instructor will design an effective physical activity/exercise program using established training methods and principles for those participants with osteoporosis.

### Competences

a) Describe established training methods and principles, and integrate them into an effective physical activity/exercise program that is safe for the participant with osteoporosis.