

OSTEOFIT PERFORMANCE STANDARDS

Performance standards are a set of expectations that guide training curriculum development and ongoing education initiatives for fitness instructors. They provide a minimum standard for the knowledge, skills, and values required to become certified fitness leaders. Performance standards are necessary for instructors to design and teach safe, enjoyable, and effective classes. Accommodations for individuals with osteoporosis, low bone density or who are at risk of fractures and falls is included in the performance standards for trained and certified Osteofit instructors.

Performance standard #1: Osteofit Leaders will be able to define the condition of osteoporosis and its negative effects on independence and quality of life.

Competencies:

- Summarize classifications of osteoporosis.
- Summarize the economic burden of this disease condition on society.
- Identify risk factors for osteoporosis.
- Summarize the treatment options for the management of osteoporosis.
- Identify lifestyle behaviours that can be modified to decrease the risk of falls.
- Describe the role of exercise in decreasing the incidence of falls.
- Describe age related physiological changes among older adults.
- Understand the Osteofit scope of practice and know where to access credible health information and professional resources so participants can be directed appropriately.

Performance standard #2: Osteofit Leaders will be able to explain Canada's Food Guide.

Competencies:

- Using Canada's Food Guide, identify the variety of healthy foods people should eat every day and identify the tips for health eating and nutritional needs and healthy habits for adults.
- Identify food sources of calcium and vitamin D for good bone health.
- Describe the instructor's professional limitations when discussing nutritional information with participants.

Performance standard #3: Osteofit Leaders will demonstrate a basic knowledge of exercise training principles for those with osteoporosis.

Competencies:

- Describe objectives of an effective exercise program in improving ADL (Activities of Daily Living) for participants with osteoporosis.
- Design an engaging and playful exercise program to build confidence for those who have a fear of falling and a risk of fractures.
- Identify muscle imbalances that result from postural compromises in participants with osteoporosis.
- Identify fitness components that are specific to the training for the person with osteoporosis and reduce the risk of falls and injury. These components include posture, muscular strength, flexibility, agility, balance and coordination.
- Describe the important role of agility in reducing the risk of falls.
- Identify muscle loading and weight bearing activities to improve bone health.
- Describe and apply the F.I.T.T. (frequency, intensity, time, type) principle for improving each of the above components.
- Describe and apply the overload principle for exercise prescription.
- Describe and apply the principle of specificity for exercise prescription.
- Describe the order of exercise for efficient and effective resistance training.
- Describe and apply eccentric training principles as relevant to older adults' activities of daily living and reducing risk of falls and injury.
- Describe methods of adjusting levels of intensity to accommodate participants' individual fitness levels.
- Determine the most suitable exercise position (i.e. sitting, standing, or lying on a mat) to enable participants to perform the exercises with good technique and spine stability.
- Describe safe and progressive activities to train strength, balance, coordination, and agility.
- Describe the importance and benefits of the flexibility and relaxation component of the Osteofit program.
- Describe an effective method of measuring progress and improvements in balance, functional leg strength, and mobility.

Performance standard #4: Osteofit Leaders 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.

Competencies:

- Describe and demonstrate spine stabilizing techniques during exercise delivery.
- Give precautions for safe transitions between sitting, standing, getting to and up from floor for mat exercise, and transitioning from supine to prone maintaining spine stability.

- Give precautions for safe lifting and bending to retrieve and or move equipment used in the exercises (chairs, resistance equipment, balls etc.).
- For a given exercise, analyze its intended purpose, potential risks to joint and bone structures, and provide modifications or alternative exercises.
- Describe and demonstrate correct body alignment.
- Demonstrate the principle of exercise progression for a given muscle group.
- Implement the principle of specificity to effectively select the appropriate exercise option for participants' level of ability.
- Identify exercises which have the potential to cause injury.
- Identify activities with high risk for falling
- Give precautionary measures to participants that are designed to prevent injury and increase safety in all components of fitness.
- Know the emergency procedures for the facility and the employer. (i.e. first aid, support procedures, medical referral procedures, and follow- up).
- Describe the responsibilities and legal liabilities of the instructor / facility associated with a participant's personal injury and health background, and physical activity screening methods (initial physical activity assessment).
- Describe the Osteofit Leader's professional limitations regarding the physical activity participation of adults who may have other chronic conditions.
- Describe the Osteofit Leader's professional limitations for providing information on medical conditions and nutrition.

Performance standard # 5: Osteofit Leaders will design an effective physical activity/exercise program using established training methods and principles for those participants with osteoporosis.

Competencies:

- Describe established training methods and principles and integrate them into an effective physical activity/exercise program that is safe for the participant with osteoporosis.
- Describe and identify fracture risk and design an appropriate exercise program to meet the needs of the individual.
- Describe 'kyphosis' and identify muscle groups that need to be shortened or lengthened to improve this compromised posture.