



Exercise for Older Adults Scope of Practice:

The MFC Older Adult Exercise Leader is certified to:

- Lead a safe and effective group older adult exercise class (as detailed below) by providing effective and appropriate exercises in order to meet the needs of participants.
- Lead exercise groups that are based on MFC and NFLA performance standards and guidelines
- Incorporate the use of appropriate equipment based on identified or implied needs of the participants.
- Use Canada's Food Guide to Healthy Eating, Canada's Physical Activity Guide to Healthy Active Living for Older Adults, and the PAR-Q
- Lead participants that are apparently healthy (special concerns such as arthritis, osteoporosis, hip replacements, etc, are not to be diagnosed by the leader, if such conditions arise, refer the participant to the appropriate health care provided.)
- Attend to CPR and First Aid situations as they occur.

Once certified, an MFC Older Adult Exercise Leader is recognized by the MFC to lead group classes with healthy independent seniors that have been given permission by their physicians to start an exercise program in the following areas:

- Low impact aerobics
- Step aerobics
- Muscular conditioning classes
- Any combination of the above classes.

If leaders encounter participants with special needs they should consult the appropriate health care provided for further exercise program guidelines.

Once certified, an MFC older Adult Exercise Leader is **NOT** recognized by the MFC to teach the following classes (additional training must be obtained):

- Group Cycling Classes
- Cardio Kickboxing
- Yoga or Pilates
- Shallow or deep water aqua Fitness Classes

Insurance Details:

The Insurance for MFC Fitness Leaders is \$2 million liability insurance through HUB international TOS limited. This insurance program ensures that you have adequate coverage as long as you work within your Scope of Practice as a Group, Aquatic, or Older Adult Fitness Leader, regardless of where you instruct in Canada. For more information, please visit <http://www.hubinternational.com>.

The MFC insurance program only provides coverage for certified Fitness Leaders in good standing. The insurance is included as part of the annual \$75.00 membership fee.