UVRA Elder Academy – March 2018

The theory and practice of getting fitter and stronger

A collaborative series: Saanich Commonwealth & Cordova Bay 55+ Association

Description: This will be a four-part series geared to helping the already physically active older individual understand more about their body, and how it responds to various forms of exercise and physical activity. The assumption will be that people who attend already have a regular exercise routine, and are looking for some variety or insight into what they are doing, or could be doing. Each session will explain how you can increase your fitness and strength, as well as add some variety to your exercise regimen. The general approach will cover the why and how of exercise. Each session will include some basic physiology and anatomy, as it relates to specific types of training, and how the body adapts to different exercise programs. Practical examples will be given but this series will not include physical participation. There will be lots of opportunity to ask questions and address concerns as it will be a relatively informal and relaxed approach.

The series will address four areas:

Session 1: Developing aerobic (cardiovascular) fitness  
Session 2: Developing strength and muscular endurance  
Session 3: Developing the core or back stability  
Session 4: Developing flexibility

Presenter: David Docherty, B.Sc., M.Sc., and Ph.D.

David Docherty is a Professor Emeritus in the School of Exercise Science, Physical and Health Education at the University of Victoria. He taught Anatomy and Exercise Physiology at UVic for 40 years, and researched and published in the area of neuromuscular adaptation to exercise, as well as the physiological demands of physically demanding occupations. He was a mentor coach for Strength and Conditioning at the National Coaching Institute, as well as the mentor for the Performance Planning module in the Advanced Coaching Diploma program at the Canadian Sport Institute. He was involved in the design and implementation of the strength and conditioning programs for the National Men’s and Women’s rugby teams, as well as coaching at the national senior and developmental levels. He currently conducts a Mens Fitness program at the Cordova Bay 55+ Association, which has over 40 participants in which he is able to combine his practical experience and his knowledge of exercise science.

Location: Cordova Bay Community Place  
Dates: Saturday mornings, 10.00-noon, March 3rd, 10th, 17th, and 24th

Cost: $20.00 for four sessions or $6.00 per session. (Fees will go towards the UVRA Scholarship and Families in Need at Cordova Bay Elementary).
Session 1: Saturday, March 3rd
Aerobic (cardiovascular) fitness

There are many ways to develop and enhance aerobic/cardiovascular fitness. This session will include:
• the difference between aerobic and anaerobic energy supply, and how it relates to exercise intensity
• high intensity interval training (HIIT), and how it can be integrated into most exercise regimens aimed to improve aerobic fitness
• simple ways to elicit and monitor the appropriate training intensity
• the importance of recovery and appropriate rest-to-work ratios in interval training
• different protocols for HIT that have been found to be effective for a variety of populations including examples

Session 2: Saturday, March 10th
Developing strength and muscular endurance

Developing strength is possible at any age, and it is never too late to start. The session will address:
• how muscles generate force, based on their structure and innervation
• differences in muscle contractions (concentric, eccentric, and isometric)
• principles of strength training (exercise order, load, reps, and sets)
• generally accepted protocols for developing muscle strength, size and power
• different modes for developing strength (free-weights versus machines)
• a simple format for developing muscle strength, based on a compilation of research

Session 3: Saturday, March 17th
Developing the core or protecting the back

Many times people think they are developing their core, when in fact they are training other muscles that may not need developing. This session will cover:
• the structure of the back/spine and how it relates to back problems
• the structures that contribute to back stability with specific attention to the muscles that are involved in back stability
• exercises that are considered to increase core strength and avoid stress on the back
• the big three (maybe four) exercises now prescribed by most fitness trainers and the rationale
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Session 4: Saturday, March 24th
Developing flexibility

Flexibility is considered important in preventing or treating injury. This session will examine some of the current thinking on this topic and include:
• appropriate ways to prepare for exercise (warm up)
• how this may differ from exercises to enhance flexibility or range of motion of a joint
• what are the anatomical and physiological factors for increasing or decreasing flexibility, especially as we age
• what are the different techniques for enhancing flexibility such as SS, PNF, and CRAC (come and learn what these acronyms mean!) and experience the difference
• how can flexibility be incorporated into an exercise regimen

REGISTRATION AND PAYMENT OPTIONS

TO REGISTER:

Please email the name(s) of the person(s) attending; the session(s) wanted; and method of payment to uvra@uvic.ca

PAYMENT OPTIONS:

1. If you are doing your banking online, please consider paying with Interac e-Transfer. Easy how-to information will be sent to you, on request.


3. In person: Office hours, when a volunteer is available, are 1:30pm to 3:30pm. If there is no one in the office to greet you, please leave your registration/payment in the tray on the right side of the office door. Note: If preferred, you can leave your registration and/or payment with the reception at the Institute on Aging and Lifelong Health (IALH) between 8:30am and 4:30pm.

4. If paying at the door, please bring a cheque made out to UVIC Retirees Association. For accounting reasons, we can no longer accept cash at the venues.

PARKING: There is ample parking around Cordova Bay Elementary School.
LOCATION: Cordova Bay Community Place, 5238 Cordova Bay Road, Victoria, B.C. https://www.google.ca/maps/place/Cordova+Bay+Elementary