

Collaborative Education Series

On-Demand- The Aging Athlete

CAT A Presentation

MaineGeneral YouTube

'On-Demand' Presentation

Audience: AT's, PT's, OT's,
other medical professionals
and students.

Date: On-Demand

Time: On-Demand

Tuition:
\$27.50

For Registration:

[CLICK HERE](#)

We will send you the YouTube link to the email you registered with once your registration has been processed

Completion of the Course Evaluation form is required before CEU certificates will be awarded! Evaluation link is located in the YouTube video description.

Please contact **Steve Tosi** with any questions.

Steve.tosi@mainegeneral.org

Marketing and registration also located on BOC website

Search for P2258

Program Date: December 1, 2023
Release as Enduring Date: December 7, 2023
Expiration Date: December 7, 2026

Presenters:

Steve Tosi, ATC
Patrick Norwood, ATC
Samantha Farago, ATC
Rich Garini, ATC

MaineGeneral Sports Medicine
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Statement of Need:

- As our population grows older and remains active longer into their life, the changes that occur because of the aging process will increasingly influence and be part of the realm of Athletic Training. We have the responsibility of enlightening ourselves to these unique athletes as they progress through the aging process. Identifying the effects on the musculoskeletal and the cardiovascular system, how these changes can affect athletic performance, and affect decision making when treating these athletes.

-By participating in this program the athletic trainer will be able to identify frequent injuries that may occur in an aging population, integrate exercises that can help delay the negative changes associated with aging, and display a better understanding of these physiological changes to increase our patients understanding and improve their quality of life.

Objectives:

- Explain age related musculoskeletal changes that can occur naturally.
- Identify frequently occurring injuries/conditions during aging and possible risk factors.
- Explain how certain exercise can delay negative physiological changes that naturally occur in the body with age.
- Recognize how age related cardiovascular changes can affect athletic performance, and how regular exercise can affect these changes.
- Understand the risk factors that can affect the cardiovascular assessment of an older athlete.

To view all our BOC On-Demand Programs:

SCAN



For AT's, PT's, OT's EMT's, MA's



According to the education levels described by the PDC, the following continuing education course is considered to be **Advanced**.

Credits awarded:

CEU's awarded: 2.75 CAT A CEUs

MaineGeneral Medical Center (BOC AP#: P2258) is approved by the Board of Certification, Inc. to provide continuing education to Certified Athletic Trainers. This program is eligible for a maximum of (2.75) CAT A CEUs. ATs should claim only those hours actually spent in the educational program.

Cancellation and Refund policy:

It is our priority at MaineGeneral Medical Center to provide quality Continuing Education. For certain events, a fee will be collected during pre-registration or at the event. This fee will be refunded in the event that the course is cancelled or is unable to take place. As part of our policy, we recognize that unforeseen circumstances can occur. Therefore, a refund will be granted to individuals who pre-register but are unable to attend the course.

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