



**Fundings
Available**

- ✓ SkillFuture Credit
- ✓ UTAP Funding

Certified Strength, Balance and Flexibility Specialist for Senior Population

Course Objective

- ▷ Gain knowledge on the importance of strength, balance and flexibility for senior populations
- ▷ Understand how these components affect the daily life of seniors
- ▷ Design a holistic physical activity program suitable for seniors encompassing all dimensions of strength, balance and flexibility in a group exercise setting

Course Outcome

- ▷ Competent in translating knowledge through the application/development of a physical activity program
- ▷ Design physical activity programs aligned to the themes of senior centric movements
- ▷ Communicate the importance of Strength, Balance and Flexibility
- ▷ Be an advocate of developing movement in seniors

Course Duration

This course comprises of 5 units delivered over 2 days (16 hours), with 1 hour assessment.

For Registration

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