Sample Abstract

Implementation of a Community-based Resistance Training Program for Older Adults

Americans are living longer with activity limitations due to the loss of lean tissue mass. Despite evidence supporting the safety and effectiveness of resistance training for increasing lean tissue mass among older adults, very few actually participate in any sort of strengthening exercise. The purpose of this project is to implement and evaluate a community-based resistance training program designed specifically for women over 75 years of age.

The 12-week program will be conducted in a local senior activity center at a time convenient to participants. Exercise sessions will be held three days per week for approximately one hour. Each session will include a short warm-up consisting of slow movement activities, a resistance training component that includes exercises of 8-10 major muscle groups using free-weight resistance, and a cool-down with stretching. The program will be evaluated by assessing physical functioning and health-related quality of life at baseline and following 12 weeks of participation. A repeated measures ANOVA will be used to analyze group, time, and interaction effects.

The results of this program can help in the development of future programs aimed at increasing the quality of life and level of independence of older adults through participation in resistance training activities.

Sample Summary

Practicum Experience at Bradford Village

My practicum site was Bradford Village Retirement Community, specifically in the long-term care facility. The nursing center at Bradford Village is a 32-bed facility which is staffed by 52 employees. My primary assignment was in the Activities Department. I assisted residents as they participated in activities ranging from bingo to SuperStretch. This experience taught me that social interaction through a variety of activities is important for the physical, cognitive, and spiritual health of older adults in long-term care facilities. This valuable learning experience as helped me to develop communication and administration skills that will be useful as I begin my career in aging services.