

Strength Training with Older Adults

Worksheet

Use the space in the boxes below to write down your responses to the questions

What do you understand by strength training? Be specific if you can, think about load, exercise type and assessment or aims



What is your current approach to strength training older adults (eg >50 yrs)? Eg. what's the starting point of the training programme, how do you assign load, what type or intensity of loading, do you avoid certain exercises? (If you don't currently manage this population, how would you start?)



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What are your hesitations and, or, concerns with resistance training older populations?

Can you think of any common beliefs, fears and or misconceptions with respect to resistance training older adults if different to the above?



Do you think strength training is important in older populations? Why?



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Notes

Refer to the review by Borde et al (2015). Don't worry you don't have to read it all for this exercise!

Having read the **Abstract** and **Key Points** in the Borde et al. (2015) article, what can you ascertain about the ideal characteristics of a strength training programme for older adults?



Look at the *training variables* column in Table 1 across a few of the studies. Compare and contrast the interventions. How might this inform the conclusions & recommendations of this paper?



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Notes

Refer to the review by Papa et al (2017)

Having read the article by Papa et al (2017), have your thoughts changed about the ideal characteristics of a strength training programme for older adults?



What are your thoughts around high load versus low load resistance training for strength, and, separately for function?

