FallProof! Second Edition
A Comprehensive Balance and Mobility Training Program
By Debra Rose

To order log-on to:  http://www.humankinetics.com
ISBN13: 9780736067478

Product Description
The second edition of FallProof! A Comprehensive Balance and Mobility Training Program is a practical guide to implementing a multidimensional balance and mobility training program to address the increasing incidence of falls among older adults. Now packaged with a DVD, this edition is a research-based resource with a range of balance and mobility assessments and detailed instructions on implementing the FallProof! program.

The second edition contains everything that made the original edition so popular and the FallProof! program so widely recognized and well received. Written by Dr. Debra Rose, foremost expert in balance disorders and programming, this book continues to be the only text to address the multiple dimensions that contribute to balance and mobility. By exploring the reasons underlying falls, readers gain the knowledge to offer more comprehensive assessment and programming. This research-based approach has been field tested and has shown considerable success in a range of instructional settings, including community-based and residential care environments.

The FallProof! program is customizable for individual clients, with exercise progressions for early, middle, and late class modules. In addition, the program offers the following benefits:

- **Flexibility.** Program participants can engage in group activities that take into account their individual abilities so that the program is not too easy or too difficult for them.
- **Guidance.** Safe and easy ways of presenting each of the program’s exercise components are illustrated, addressing issues ranging from safety concerns to the best ways to provide feedback to participants.
- **Supplemental materials.** Reproducible health, assessment, and program-related questionnaires help instructors gather crucial information for effective programming.
- **Results.** The FallProof! program has been proven to reduce the risk of falling in participants who’ve completed one or more rotations of the program.

The second edition of FallProof! contains significant content updates and new references and features for both professionals and students. A new section on goal setting and behavioral management techniques is included, as well as a section on prioritizing screening and assessment tests, scheduling subsequent tests, and organizing testing in a group environment. Each chapter has tools for maximizing retention and understanding—including a summary statement, a quiz, and a “practical problems” section. An extensive research bibliography and a subject index make it easy for readers to access the information and explore subjects in greater depth.

The bound-in DVD makes the information in the text applicable to real situations. It shows how to administer screening and assessment tests, demonstrates selected exercise progressions for the major program modules, and provides a sample FallProof! class session in action. Reproducible forms and checklists help instructors with program implementation and can be easily accessed as PDFs on the DVD.

This comprehensive manual is used in the only authorized FallProof! certification program offered by the Center for Successful Aging at California State University at Fullerton and is a must for anyone in the field developing balance and mobility programs for at-risk older adults. It delivers the theory along with the specialized knowledge and practical skills required for creating programs that ensure older adults maintain the high level of balance and mobility essential in avoiding falls and aging successfully.
Product Description
Senior Fitness Test Manual, Second Edition, offers the most comprehensive and reliable test battery for assessing physical fitness in adults ages 60 and older. The tests in this resource assist health practitioners and fitness and rehabilitation specialists in identifying weaknesses that cause mobility problems, developing exercise programs that improve functional fitness, preventing future mobility issues, and evaluating progress. The Senior Fitness Test also has companion software for recording and reporting testing data.

The Senior Fitness Test (SFT) is a simple, economical method of assessing the physical attributes that older adults need in order to perform daily activities. It consists of seven tests—covering lower- and upper-body strength, aerobic endurance, lower- and upper-body flexibility, agility, and balance—that can be conducted with minimal space, equipment, and technical requirements, making it easy to administer in most clinical and community settings or in the home environment. The manual presents clear instructions on preparing and administering the tests and interpreting and using the test results. Readers will find guidelines on creating senior fitness programs as well as exercises to recommend for improving functional fitness scores.

The second edition of the Senior Fitness Test Manual offers new tools to help facilitate the Senior Fitness Test. It includes expanded information on ways to modify test protocols for older adults with limiting conditions such as osteoporosis, obesity, Alzheimer's disease, diabetes, stroke, fibromyalgia, heart conditions, multiple sclerosis, hip and knee replacements, chronic renal failure, chronic obstructive pulmonary disease, osteoarthritis, and blindness or low vision. Ready-to-use materials such as reproducible forms, large-print instructions (complete with photos) to post at testing stations, and large versions of performance charts make the testing process more effective, and an expanded chapter on improving test scores includes illustrated instructions for exercises that can be prescribed to seniors to help them improve their fitness.

In addition, the manual retains national normative data based on age and sex for over 7,000 adults ages 60 to 94, but it now includes criterion-referenced, clinically relevant fitness standards. Based on the authors’ continued groundbreaking research on aging and functional fitness, these new criterion-referenced standards allow practitioners and older adults to identify the test scores at a specific age that are correlated with maintaining adequate functional mobility into the 90s, providing a new and deeper understanding of the test scores. This allows practitioners and their clients to focus on maintaining or improving functional fitness with customized goals meant to preserve and improve individual abilities.

The second edition of the Senior Fitness Test Manual is now packaged with a DVD that contains visual demonstrations of the tests, including setup, execution, evaluation, and modification of testing protocols to accommodate clients’ limitations. Throughout the text, DVD icons indicate when to view the DVD for live demonstrations.

Maintaining strength, endurance, flexibility, agility, and balance is critical to seniors whether their later-life interests are playing golf, running marathons, or performing daily tasks such as climbing stairs or getting out of a chair without assistance. The Senior Fitness Test Manual, Second Edition, offers a user-friendly means of evaluating physical capacity in the growing population of older adults and helping them to maintain and improve their functional fitness.

Note: The Senior Fitness Test also has companion software for recording and reporting testing data. This software is available separately or sold in a package with the manual. Check the right column of this product page for links to the various options.