

Program Design: Function vs. Disease Specific Exercise Classes

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Research to Action Conference: 20 June 2014

What is Function?

Functional Fitness =

The level of fitness necessary to take care of personal, household, social and daily living needs.

How Do We Determine Function?

- Fitness Assessment:
 - Self-report
- Stress test
- Fitness Appraisal
 - Aerobic fitness
 - Strength
 - Flexibility

What types of diseases?

- Alzheimer's / dementia / cognitive impairment.
- Arthritis
- Cardiac / Cardiovascular diseases
- Chronic Lung Diseases
- Diabetes
- Osteoporosis
- Stroke

Considerations for Program Design

- Available funding
- Mission/goals of your company
- Population characteristics
- Population needs
- Your training and expertise

Available Funding

- Research funding often available for specific conditions or populations.
- Condition-specific foundations offering funds.

Mission/goals of your company

- Programs offered need to align with the purpose of your facility/company.

Population Served / Population Needs

- Programs offered need to be appropriate for the population:
 - Who makes up the neighbourhood surrounding your facility.
 - Who will come to your classes/program.

How do I Determine?

- Program Evaluation.
 - Needs assessment
 - Survey of current clients
 - Survey of surrounding population
 - Strategic planning

Classes Based on Function

PROS	CONS
<ul style="list-style-type: none"> • Generally work at the same pace. • Class cohesion. 	<ul style="list-style-type: none"> • Exercise modifications. • Symptom monitoring. • Less funding available.

Classes Based on Disease

PROS	CONS
<ul style="list-style-type: none"> • Funding available from government and condition-specific organizations. • Symptom monitoring. • Group cohesion. • Exercise contraindications. 	<ul style="list-style-type: none"> • Exercise intensities.

A couple of anecdotes

- Dynamic Balance Class
- FAME Stroke Class
- Cognitive complaint research class

Which type of class is better?

- Neither type of class is right or wrong.
- Important to offer classes that are NEEDED and WORK FOR YOU!
