

## **Discussion on The Present Situation of Cultivating Fitness Instructors for The Elderly**

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### **Abstract**

People who are above sixty-five years old are called the elderly. On the condition that the most elderly have chronic diseases, physical exercise is one way to improve the health state and to slow down ageing. Most of the elderly do not have the ability to choose the way of exercise or the exercise which is suitable for them, so the fitness instructors are needed. Hence, the effect of the elderly fitness will be increased. However, the education system of the fitness instructors for the elderly is not complete, and specialization of the fitness instructors is defective, so the effect of the fitness instruction is hard to be improved. Based on the reasons above, this article suggests four demands for the fitness instructors for the elderly: professional knowledge, abilities of fitness instructions, fitness strategies, and the ability of communication. The status quo of education systems of fitness instructors at local schools and in the community organizations are listed below, 1.Schools: Although the teaching hours are longer and the subjects are more diversified, it lacks the practical experience. The community organizations are the opposite. 2.Curriculums: At schools, the cognitive lesson about gerontology is more emphasized, but the lessons of diagnoses of the elderly fitness and recreations are insufficient. Elective classes are golf, swimming, table-tennis, and dancing. Some schools have croquet, lawn bowling, qigong, hiking and mountain climbing. In the community organizations, professional knowledge, abilities of the fitness instructions, fitness strategies, and fitness techniques are all included in the lessons, but it lacks the communication ability lesson. Thus, in order to make up for the incompleteness, it is suggested that the curriculums about communication abilities can be included in the academic lessons, which can improve the professional abilities of the elderly fitness instructors.

**Key words: the elderly, the fitness instructor, education system,**