

# CANADIAN CENTRE FOR ACTIVITY AND AGING WESTERN UNIVERSITY



Leaders in Physical Activity and Aging



Western  
Canadian Centre for  
Activity and Aging

[www.uwo.ca/ccaa](http://www.uwo.ca/ccaa)



# More than three decades of excellence in research



Western  
UNIVERSITY • CANADA

## The Canadian Centre for Activity and Aging (CCAA)

The CCAA is a national research and education centre that promotes exercise, physical activity and well-being for older adults through a combination of basic and applied research, education, and community-based exercise classes. Its education and leadership training programs support thousands of individuals across Canada in standard, evidence-based practices to enhance the functional fitness of older adults at every level of mobility.

### The Faculty of Health Sciences

Western's Faculty of Health Sciences (FHS) is committed to bettering the human condition through outstanding research, the training of health professionals, the education of students in the fundamentals of health, disability, and sport, and through the actions of our graduates who integrate the art and science of their disciplines.

### About Western University

One of Canada's most distinguished research-intensive universities, Western is ranked among the **top 1% of higher education institutions worldwide** and ranks **third globally for sustainable development**. Home to more than 40,000 students from 128 different countries, Western engages the best and brightest from around the world to tackle important health, social and economic challenges.



## CCAA Research Highlights



# Activity and Aging Research

## Research at the CCAA

Researchers at the CCAA conduct a wide spectrum of basic and applied high-quality, innovative studies using a range of investigative designs, and quantitative, qualitative and mixed-methods approaches. The emphasis of research is on activity, health, well-being, and aging processes among older adults often linked to optimizing their inter- and independence. Knowledge mobilization, translation, and exchange also are key theme areas of research frequently undertaken collaboratively by CCAA Research Associates, other researchers, graduate students, and research and community partners at local, regional, provincial, national, and international levels.

## Research Associates & Partners

CCAA Research Associates connect and collaborate with colleagues at Western University, with other provincial, national, and international colleagues at leading, research-intensive universities, and with research and community partners from the CCAA's local, provincial and national networks of functional fitness instructors. Research Associates include outstanding, award-winning junior, mid- and senior-career faculty, postdoctoral fellows, and high-quality, award-winning graduate research students from a range of disciplines and professions.

## Rechnitzer Annual Lecture Series

The Rechnitzer Annual Lecture is given by an invited distinguished speaker who is highly regarded and recognized nationally and internationally for work in the areas of exercise, well-being, and aging. The lecture provides a platform for bringing together its invited speaker with CCAA's Research Associates to promote scholarly dialogue and to explore research collaborations in the area of exercise, physical activity, health, well-being and aging.

## Research Seminars

The CCAA hosts a bi-monthly research seminar series that provides a platform for CCAA Research Associates and other highly-regarded researchers and graduate students to present findings from their current research or on future directions of research on activity, health, well-being and aging. The series permits researchers and graduate students to connect and to collaborate with colleagues, community partners, and CCAA-certified seniors' fitness instructors.

## Examples of Current CCAA Research

- **SSHRC Funded - Community Coaches & Risk Factor Screening.** Screening for potentially modifiable risk factors for the development of dementia among community-dwelling older adults by "Community Coaches". Forty percent of the risk of developing dementia is potentially modifiable. Risk factors include air pollution, depression, diabetes, excessive alcohol consumption, hearing impairment, hypertension, less education, obesity, physical inactivity, smoking, social isolation, and traumatic brain injury.
- **National Institute of Health (USA) - SUPERAgging Cognitive Aging Study.** A North American study of older adults to determine typical and exceptional cognitive aging. Western is one of two Canadian sites.
- **Community Foundations of Canada - Virtual Exercise & Socialization Programming.** A collaborative study with McCormick Dementia Services examining virtual exercise and socialization programming for persons with dementia and their care partners.



# Certification & Courses

CCAA staff teach leadership training courses to thousands of individuals across Canada on standard, evidenced-based practices to enhance the functional fitness of older adults at every level of mobility. The courses are offered through online and hybrid (online and in-person) delivery models.

## Western Continuing Studies (WCS)

CCAA offers micro-credential courses through WCS. The courses are developed by Western faculty and industry partners, and feature a robust quality-assurance process to ensure they surpass academic and industry standards. The courses focus on the knowledge and skills employers need and are presented in a format that takes less time for students to complete.

## Tiered Exercise Program (TEP)

The TEP is a progressive, 10-exercise, full-body functional fitness program for older adults who require improved functional mobility and independence.

## Seniors' Fitness Instructor Certification (SFIC)

Participants in the SFIC learn the effects of aging, the benefits of physical activity for community-dwelling older adults, and exercise principles for special conditions including arthritis, diabetes, osteoporosis, among others.

## Enhancing Communication with Older Adults (ECOA)

Participants learn the foundations of and strategies to enhance communication with older adults who participate in exercise and physical activity programs.

# Community Outreach

Researchers and staff at the CCAA value the importance of and seek to establish, develop, and expand links with community partners through multiple outreach initiatives including partnerships, memorandum of agreements, and collaborative contracts.

## Partnerships with Community-Based Organizations

The CCAA supports community-based organizations across Canada to improve the lives of older adults through programs that challenge and improve functional mobility and physical fitness. Locally, the CCAA offers community-based exercise classes to older adults in the London-area in partnership with the City of London.

## Condition Specific Classes

The CCAA offers evidence-informed classes for targeted groups such as people with specific, long-term conditions including hip, knee and back problems, heart conditions, and movement disorders, among many others.

## Student Placements

Internships offered by the CCAA help students develop abilities, skills, and knowledge about working with and supporting the functional fitness of older adults, gain valuable research and clinical experiences, and advance the CCAA's mission and vision.

EDUCATED & TRAINED

**9500+**  
People Trained in  
CCAA Courses  
Since 2015

CERTIFIED

**538**  
Currently Certified  
Senior Fitness  
Instructors

CONFERENCES

**27**  
Conferences  
Hosted  
Since 2009

ASSESSMENTS

**400+**  
Functional Fitness  
Assessments  
Completed in  
2022-23