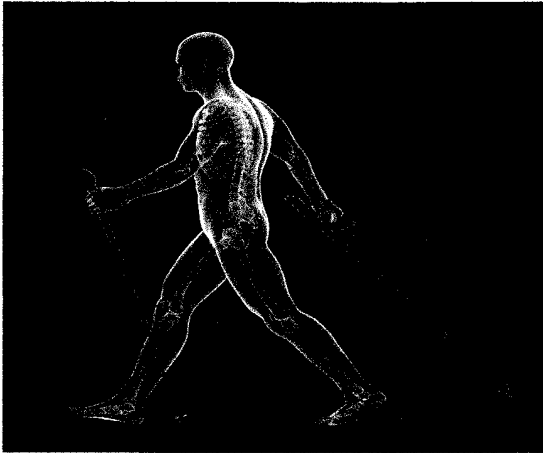


Presented by  
Debra Gerber, PT  
UNC-CH Transitional DPT  
Capstone Presentation  
0.2 CEUs for PTs

**APRIL 3<sup>rd</sup>, 2014**  
**4:30-6:30 PM: Birch Rm**  
**Seymour Senior Center**  
**2551 Homestead Rd**  
**Chapel Hill, NC**



## **Bilateral Pole Walking: Benefits & Considerations in Adult Fitness & Rehabilitation**

### **Course Objectives**

Following the presentation, participants will:

1. Become more knowledgeable in the history of pole/Nordic walking.
2. Know the current research-based pole/Nordic walking effects, both positive and negative, in the young, middle-aged, and elderly adult populations in fitness and rehabilitation settings.
3. Know useful outcome measures to use for individuals with PW intervention in rehabilitation settings and for future research.
4. Access basic pole walking product information, resources, and adaptations.
5. Apply and practice pole walking for affective skill development and personal exploration.
6. Engage in a peer collaborative discussion of pole walking experiences, values, and precautions in fitness and rehabilitation settings.
7. Provide feedback for continued presentation and materials improvements.