

Accreditation Update

The International Health, Racquet & Sportsclub Association (IHRSA) announced that more than 10 organizations that offer personal training certifications are currently accredited or in the process of receiving accreditation from the National Commission for Certifying Agencies (NCCA).

IHRSA's board of directors adopted a resolution in March 2005 recommending that as of January 1, 2006, IHRSA clubs hire personal trainers holding at least one current certification from a certifying organization/agency that has begun third-party accreditation from an independent, experienced and nationally recognized accrediting body. IHRSA identified the NCCA as an appropriate accreditation organization.

The following personal training certification organizations have either earned accreditation or are in the process of receiving accreditation from the NCCA:

- American College of Sports Medicine
- American Council on Exercise
- The Cooper Institute
- International Fitness Professionals Association
- National Academy of Sports Medicine
- National Council on Strength & Fitness
- National Exercise & Sports Trainers Association
- National Exercise Trainers Association
- National Federation of Professional Trainers
- National Strength and Conditioning Association
- Pilates Method Alliance®



Bullying: Barrier to Exercise for Overweight Kids

Do you work with children? If you wonder what keeps some kids off the playground, take a look at the bigger picture. Fear of being taunted and ridiculed may be one reason overweight kids don't get more exercise, according to recent research from the University of Florida College of Medicine and College of Public Health and Health Professions. "About 1 out of every 5 children is chronically bullied," said Eric Storch, PhD, assistant professor of psychiatry and pediatrics and the study's lead author. "We found that as rates of peer victimization among overweight kids went up, rates of physical activity went down."

Researchers studied 100 overweight or at-risk-for-being-over-

weight children between the ages of 8 and 18. About one-quarter of the children reported significant problems with bullying during the 2 weeks leading up to the study. Findings showed that bullying was linked to depression, loneliness and anxiety, further explaining why exercise rates were low.

"When you think about it, it makes intuitive sense, when you consider the hallmark signs of depression—sadness, fatigue, lack of interest in things you used to like," Storch said. "When kids are having a tough time with peers, and struggling with depression, then this can translate to reduced rates of physical activity."

Outdoor Falls Overlooked

Are you including outdoor drills in your functional training for older adults? Given the results of a study published in the May 30 online issue of the *American Journal of Public Health*, maybe you should. The study found that outdoor falls among adults aged 45 and older are more common than indoor falls, which seem to receive more attention.

Researchers looked at 2,193 falls that resulted in injury and found that 73% of the outdoor falls were caused by the environment: slippery sidewalks, uneven surfaces, or objects on curbs or streets. Walking was the most common fall-related activity, accounting for almost 50% of the outdoor falls reported. While you may not have much control over the outside environment, you can help prepare older adults for outdoor hazards by designing sessions with "obstacles" that mimic what clients might encounter on a walk.



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