

# BETTER BONES & BALANCE<sup>®</sup>

## 2023 TRAINING AGENDA

The 2023 BBB New Instructor Training will consist of asynchronous, online content and one day of in-person, practical training. More information can be found on the BBB website at <https://beav.es/is5>.

You can find the tentative 2023 Training agenda below. Most lecture material will be completed online, allowing for an abundance of hands-on, practical experience in-person!

### ONLINE: OPENS JULY 7, 2023

All materials available online via Canvas

**Module 1:** Fitness Class Basics

**Module 2:** The 5 Key Component Exercises of BBB  
Identifying Good Form

**Module 3:** Lifespan Skeletal Development  
Falls & Fractures  
Physical Activity & Bone

**Module 4:** Balance Basics  
Age-Related Changes Influencing Balance  
Incorporating Balance Training into Programming  
Balance & the 5 Key Exercises

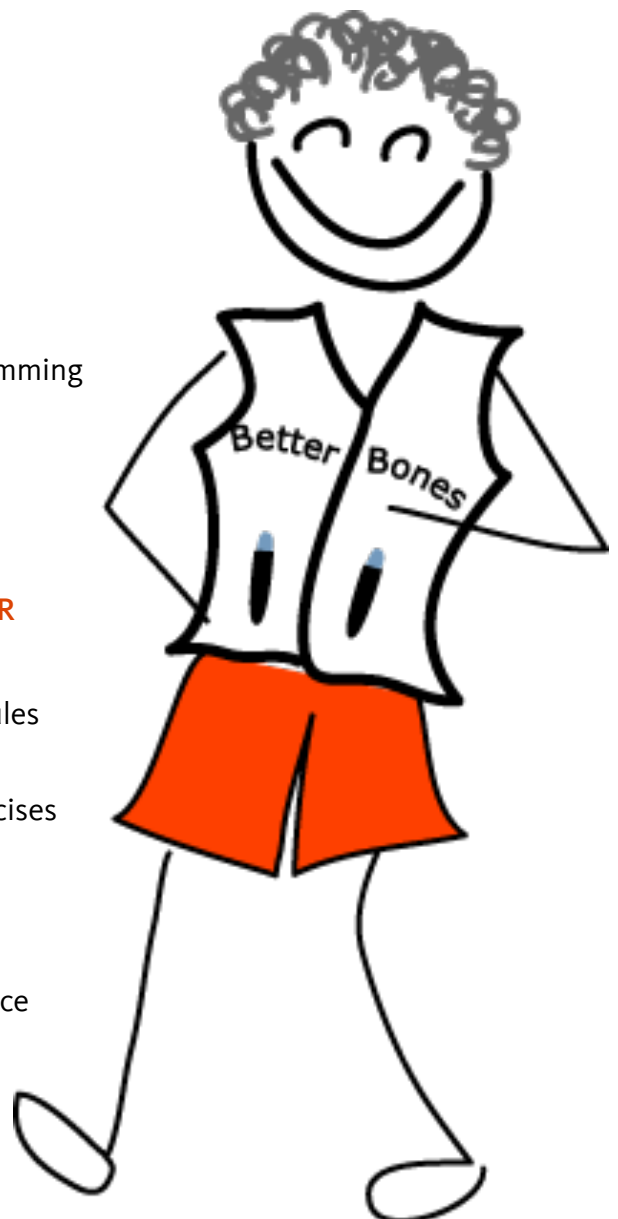
**Module 5:** Observe a Better Bones & Balance<sup>®</sup> Class

**Module 6:** Certification Exam

### IN-PERSON: AUGUST 26, 2023

LBCC Benton Center | 757 NW Polk Ave | Corvallis, OR

- 7:30 AM Registration & Check-In
- 8:00 AM Training Overview, Q&A from Online Modules
- 8:30 AM Participate in a BBB Class
- 9:45 AM Practical Session 1: 5 Key Component Exercises
- 11:45 AM Trainee Practice
- 12:15 PM Catered Lunch – Opportunity for Q&A
- 1:00 PM Practical Exam Overview
- 1:15 PM Practical Session 2: 5 Key Exercises & Balance
- 2:30 PM Trainee Practice
- 3:10 PM Practical Exams & Licensure
- 5:00 PM End of Workshop



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