

SENIOR Fieldwork Activity Analysis and Clinical Observation

1. Name of website (provide link) or location of observation

https://www.youtube.com/watch?v=6m0KjKeF_hY -

- Exercise for the Over 60's
- Senior Fitness - Taught by Liesel Weiser, 96 Years old
- Lesson 1 Begins at 1:07 and ends at 6:09

2. Age group observed

- Seniors
- 65+
- Instructor Liesel Weiser 96 years old at the time of this video. Ms. Weiser died four years later.

3. Name 2 activities observed AND the corresponding *Areas of Occupation*

- Seated Exercises – Health Management and Maintenance
- Teaching an Exercise Class – Volunteer Participation

4. How does one's *personal context* affect the persons, activities or the environment that you observed?

- a. **Age or gender** – The teacher of the class, Liesel Weiser, is a 99-year-old woman that has spent her entire life teaching physical fitness and dance. The female participants are guesstimated to be in their 80's
- b. **Socioeconomic or educational status** - The teacher, Liesel Weiser, was German and immigrated first to England and then to Poland. She was a gymnast in her youth and studied dance. In her later years she volunteered and taught fitness classes to those over 60.

These personal context factors have great affect on the individual that I observed for this paper. Teaching these classes and her background go hand-in-hand to her motivation and the personal joy she derives from teaching and motivating seniors with physical fitness.

5. ACTIVITY ANALYSIS:

- a. **Name of Activity:** Seated Exercises
- b. **Description of Activity** Instructor Liesle Weiser teaches/leads a series of exercises while seated and using a stick.
- c. **Sequence and timing**
 - Participants are seated in folding chairs ready to begin and holding a 4' long wooden pole. (Teacher and Participants always stay seated)

- Right side stretch – Extend Right Arm out to full extension holding the pole in the right hand, and place left hand on knee. Stretch by leaning and forcing the stick away from the body and then bring body back to center while maintaining the pole far to the right of the body. Repeat four times – **(22 seconds)**
- Change positions of the stick by switching it to the left hand by crossing midline and place pole
- In left hand. Extend Left Arm out to full extension holding the pole in the right hand, and place left hand on knee. Stretch by leaning and forcing the stick away from the body and then bring body back to center while maintaining the pole far to the right of the body. Repeat three times – **(23 seconds)**
- Take the pole in left hand and place it in front between two feet and place palms of hands on top of the pole and grasp. Gently stretch trunk of body forward with a straight back as far as one can go without falling off chair. Then pull your back all the way to the back of the chair. By pushing down on the stick for leverage, so that your back is now flat against the chair. Repeat this twice. **(15 seconds)**
- Then go back to midline and begin to grasp the pole one hand after the other moving down the pole as far as you can reach without straining. Once you reach the furthest distance down the pole reverse the hand position and go back up the pole. Repeat twice. **(38 seconds)**
- Come back to center and place palms back on the top of the pole and grasp. Then sway and stretch all the way to the left and then all the way to the right, twice. **(15 seconds)**
- Come back to the center and begin to make a big circle by keeping the grasp at the top. Repeat twice. Then begin to stretch the circle again and exaggerate the movement and count off one-two-three-four as you make a big circle tracing from side to side, to the right. Repeat twice, and then stop and reverse the circle, repeat twice, continuing to count off one-two-three-four. **(30 seconds)**
- Come back to center and put the pole horizontally in front of you grasping it with both hands and a wide grasp at the end of each side of the pole. Then lift the pole straight over your head and stretch all the way back with arms above head. **(7 seconds)**
- While the pole is extended over-head lean and stretch to the right and then back to center and then stretch to the left. Each time LOOK DOWN to the end of the pole as it is pointing down to the ground. Repeat Twice. **(13 seconds)**
- Come back to center and place pole, Take the pole in left hand and place it in front between two feet and place palms of hands on top of the pole and grasp. Gently stretch trunk of body forward with a straight back as far as one can go without falling off chair. Then pull your back all the way to the back of the chair. By pushing down on the stick for leverage, so that your back is now flat against the chair. Repeat this twice. **(15 seconds)**
- Come back to the center and begin to make a big circle by keeping the grasp at the top. Repeat twice. Then begin to stretch the circle again and exaggerate the movement and count off one-two-three-four as you make a big circle tracing from side to side, to the right. Repeat twice, and then stop and reverse the circle, repeat twice, continuing to count off one-two-three-four. **(30 seconds)**

- Come back to center and place pole, Take the pole in left hand and place it in front between two feet and place palms of hands on top of the pole and grasp. Gently stretch trunk of body forward with a straight back as far as one can go without falling off chair. Then pull your back all the way to the back of the chair. by pushing down on the stick for leverage, so that your back is now flat against the chair. Repeat this twice. **(15 seconds)**
- Come back to the center and begin to make a big circle by keeping the grasp at the top. Repeat twice. Then begin to stretch the circle again and exaggerate the movement and count off one-two-three-four as you make a big circle tracing from side to side, to the right. Repeat twice, and then stop and reverse the circle, repeat twice, continuing to count off one-two-three-four. **(30 seconds)**
- Left the stick above the head again grasping at each end and then begin to stretch to the right, to the floor in front of you and to the left. And above your head again. Repeat 3 times, then reverse order Left the stick above the head again grasping at each end and then begin to stretch to the left, to the floor in front of you and to the right, and above your head again. Repeat 3 times. **(30 seconds)**
- Lift the stick above the head again and inhale deeply, and then reach forward with stick to the ground and exhale. Repeat 3 times. **(17 seconds)**
- Come back to center and swing the pole grasping to each in horizontally and swing from right to left with arms extended forward. Repeat 3 times **(10 seconds)**
- Come back to center with stick extended in front and grasping each side of the pole. Then pull your right knee up to the stick, then extend knee out, and place it back down to the floor, and extend stick overhead and stretch. Repeat 3 times Reverse the entire movement and use left side with same motions. Repeat 3 times. **(40 seconds)**
- Lift the stick above the head again and inhale deeply, and then reach forward with stick to the ground and exhale. Repeat 3 times. **(17 seconds)**
- Place pole on floor.

The entire session was approximately 5 minutes.

d. Cautions/ Precautions

It is important to note that these are Seniors so special care and caution needs to be in place to make sure that they are seated in a safe position as to not fall of the chairs as they are exercising. Also there needs to be enough distance between them as to not accidentally hit each other with the pole that they are using.

e. Activity Demands

- **Objects/Tools:** 1 each 4' pole for each participant, 1 each chair for each participant
- **Space Demands** - each participant needs an area about 6 feet wide and 5 feet deep.
- **Social Demands** – This is an exercise class being led by Liesel Weiser. There are two other participants that are demonstrating the exercise and copying the actions of Liesel. In essence they are following her lead as she calls out the directions while demonstrating simultaneously.

f. Discuss two major *motor skills* necessary to perform this activity

Bends – All of the participants of this activity had to flex and rotate their trunk while stretching out their arms in full flex, over their heads and side-to-side. There were many elements of this activity that called for consistent bending and rotating of their trunks in a stable manner while sitting down.

Coordinates – The participants had to coordinating holding and grasping the pole, while seated and pulling up their knee to their the trunk of their body and then extending their leg and foot straight out. These actions called for the participants to use more than two parts of their body at the same time without dropping the pole and maintaining stability while seated.

g. Discuss two major *process skills* needed to perform this activity

Paces – throughout the session the participants had to mentally choose a pace and tempo that would not fatigue them mentally so they could successfully complete the session in a timely manner. Many times the leader would literally count out the tempo and they would smoothly transition rhythmically, but you could see their mental state as they were going through the motions. It was purposeful and mindful.

Continues – this process skill was evident as the leader and the participants performed each segment and part of the session without interruption or pause. The entire session was performed continuously through to termination. Thus, all of the participants were successful in completing the session.

h. Discuss two major *social interaction skills* needed to perform this activity

Produces Speech – the instructor led the class and spoke throughout each segment by explaining the action needed and performing/demonstrated it all in real time. She spoke fluently and clearly throughout the session and effectively communicated.

Regulates – all of the participant's maintained controlled and relevant behavior throughout the session. There was no impulsive or behavior demonstrated. This was an important factor in that all of the participants regulated their behavior appropriately and the session was successful.

i. Discuss the *social environment*

The social environment is a teaching/demonstrating setting. Liesel Weiser is leading this session. It is evident that she is the leader and the two women behind her are there to assist with demonstrating. There is a protocol followed through every step of this session in that Liesel is guiding the audience and the women are assisting. Ms. Weiser's tone and delivery make it clear that she is running the session, albeit in a friendly and cooperative manner.

j. Discuss the *physical environment*

The room appears to be an empty either recreational room or conference room. The walls are paneled with wood. The floor is carpeted and it looks like it is at a low pile. There are three chairs situated with one in the center that is about 4 feet in front of the two chairs in the back. The leader Ms. Weiser is seated in the front row and the other two chairs are in the back row about 10' apart. The lighting is bright and warm. The room appears to be at a tepid temperature, as the participants appear comfortable throughout the session.

5.2 How could you have graded this activity to make it easier?

To grade this activity down, I would consider using a dishtowel in place of the 4' pole, perhaps just two feet long. This would reduce the stretch and make the overall session less strenuous. This would also allow for a firmer less intense grasp.

5.3 How could you have graded this activity to make it more challenging?

To make this activity more challenging I would integrate standing while stretching in many of the segments. This would increase the participants motor skills including aligns, stabilizes and positions. This would become more strenuous and more challenging the more the participants are required to stand up from a sitting position, while exercising.