

Learning Activity:

LEARNING OBJECTIVES	EXPANDED CONTENT OUTLINE
The learner will be able to describe a physical activity (PA) stage-matched intervention (SMI) base on the Transtheoretical Model of Change (TMC) for Mild Cognitive Impairment (MCI) elderly adults.	(a) the stage-matched counseling strategies base on main constructs derived from the TMC (b) exercise behavior training: a 24-week, 2 times group-based (8-12 participants with 2 instructors at community centers, 60' each) and one home-based (with the PA program VCD and manual to bring home, 30') (c) telephone counseling each week.
The learner will be able to know the 24-week SMI could improve cognitive and mobility ability among MCI elderly adults	After this 24-week PA SMI, the PA group participants showed significantly better MMSE than those in the comparison group ($t=2.585$, $p=.012$); however, Mixed model analysis showed significantly on group effect only ($F=8.846$; $p=.004$). Also, the PA participants demonstrated significantly better mobility (interaction effects $F=5.325$; $p=.024$).