

## Exercise and Fitness after Stroke

(SPECIALIST TRAINING for Exercise and Fitness after Stroke Instructors)

### CANDIDATE ELIGIBILITY AND GUIDELINES

Before you decide to enroll on the EfS course, or put forward staff for this training, there is some [important information](#) for you to consider

These guidelines have been written to support you in making a decision as to whether this training is suitable for you/your staff and to ensure that professional roles, skills, competencies and experience are matched to those required in supervising stroke survivors in group/1-2-1 presenting with a range of stroke impairments. They are intended to ensure the highest possible entry standards of practice, as well as to indicate the level at which the EfS training course is aimed.

- ✓ A high level of commitment is necessary to complete this training and its THREE assessed elements
- ✓ The course is designed for those with a prior history of learning at an advanced level (equivalent to undergraduate level).
- ✓ The blended learning approaches include mandatory online study and face-to-face days (PC access essential). It is an intensive learning course spanning approx. 16 weeks and requires up to 200 hours of self directed learning.
- ✓ The online and self directed learning hours are an essential part of the learning journey. Staff being released from work commitments should be supported by their workplace in order to complete the qualification/pre-course e-learning tasks.
- ✓ Those who are self-employed should recognise the need for allocating time for home study pre-course learning tasks in addition to the face to face/contact days.
- ✓ Feedback from candidates tells us our courses are intense, hard work, but also enjoyable and much is learned then enabling them to work with this rewarding population group.

#### Assessment Elements & Pass Rates

- ✓ Assessed elements are spread throughout the full course duration.
- ✓ First time pass rates are; theory paper – 85%, written case study – 70%, practical – 70%
- ✓ Candidates have the option to re-sit any referred elements.
- ✓ Most candidates who are unsuccessful first time go on to pass and achieve the qualification.

#### General Requirements and recommendations for ALL potential candidates

- ✓ A background of exercise delivery to groups is recommended.
- ✓ All candidates should have prior learning in;
  - anatomy and physiology; know joint actions and muscle groups involved, have an understanding of the cardiovascular system and principles of progression for strength training
  - principles of fitness and progression, principles of goal setting (SMART) and have practical experience in using these principles
  - principles of behaviour change theory

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- ✓ On the face to face training days candidates will rehearse practical teaching skills; principles of safe, effective teaching for a range of stroke impairments
- ✓ Candidates will need opportunities to practice their skills in order to prepare for the practical.
- ✓ The face to face days are not designed to provide all the required practice hours, you will be required to practice the teaching skills you have learnt.
- ✓ Instructors who are signed up to REPs are required to hold additional pre-requisite training courses
- ✓ All potential candidates are urged to ensure they have adequate insurance to work with (the population group on successful completion of the training course. LLT are not able to advise on insurance issues).
- ✓ It is the responsibility of the candidate to hold valid/in date CPR

### Guidance for Different Professions (wishing to undertake the EfS training)

1. Exercise and Fitness Professionals (including Leisure Managers)
2. Health Care Professionals (including Health Managers)

#### 1. Exercise and Fitness Professionals

For exercise professionals holding REPs insurance, a L3 Exercise Referral qualification is required into entry of any L4 course. Insurance will be affected without this pre-requisite. All exercise professionals are advised to consult with their insurance provider to ensure they have adequate insurance to implement this training. LLT are unable to advise about insurance issues.

▪ *We recommend:*

- ✓ Experience of delivery of exercise sessions to groups and have come into contact with stroke survivors/observed a range of stroke impairments
- ✓ Observation of an EfS community session, or clinical setting or charitable setting

Leisure Managers wishing to attend to increase knowledge and understanding (to better support EfS/teams)

▪ *We recommend:*

- ✓ For leisure managers/coordinators purely supporting team support of EfS delivery (not delivering exercise themselves), practical assessment may not be deemed necessary however we do highly recommend that leisure managers attend the course in order to fully understand and appreciate the implementation issues and requirements of the STARTER intervention and requirements of referral pathways and assessment (time) requirements

## 2. Health Care Professionals

### **Physiotherapists:**

- *We recommend:*
  - ✓ A relevant caseload e.g. neuro/stroke
  - ✓ Experience of delivery or commitment to delivery and/or supervision of delivery of exercise sessions
  - ✓ Feedback from this profession tells us that leading exercise to a group of people is a challenging element of this course.

- **NB:** *Physiotherapists working within the NHS are not required to hold REPs status, however, if they intend to deliver exercise (as opposed to rehabilitation) as part of their private practice outside of the NHS, they should understand their scope of practice/if this intervention aligns with existing CSP requirements. There is no requirement for health professionals working within the NHS to register on REPs.*

### **Occupational therapists:**

- *We recommend:*
  - ✓ A relevant caseload e.g. neuro/stroke
  - ✓ Working in a multidisciplinary team and with a senior physiotherapist on the exercise aspects of the management plan.
  - ✓ Some experience of exercise delivery on a 1-2-1 basis. Feedback from this profession tell us that leading exercise to a group of people is a challenging element of this course.

### **Therapy / Rehabilitation / Health Care Assistants or Support Workers:**

- *We recommend:*
  - ✓ For hosts putting forward staff members; a face to face discussion with potential candidates to ensure they are prepared for the intense learning approach and academic content of this course. The EfS training requires practical group tasks with role play learning approaches which may be new to many people working in the NHS setting.
  - ✓ A relevant caseload e.g. neuro/stroke
  - ✓ Successful previous experience of advanced level learning (preferably in ageing or exercise).
  - ✓ Supervision by a physiotherapist or within a multidisciplinary team for any exercise delivery.
  - ✓ Willingness to undertake an appropriate level access course if necessary.
  - ✓ Feedback from this profession tell us that leading exercise to a group of people is a challenging element of this course.

***Nurses:***

- *We recommend:*
  - ✓ A relevant caseload e.g. neuro/stroke
  - ✓ Successful previous experience of advanced level learning (preferably in ageing, stroke or exercise).
  - ✓ Supervision by a physiotherapist or within a multidisciplinary team for any exercise delivery.
  - ✓ Willingness to undertake an appropriate level access course if necessary.
  - ✓ Feedback from this profession tell us that leading exercise to a group of people is a challenging element of this course.

***Health Managers:***

- *We recommend:*
  - ✓ For health managers/coordinators purely supporting team support of EfS delivery (not delivering exercise themselves), practical assessment may not be deemed necessary however we do highly recommend that leisure managers attend the course in order to fully understand and appreciate the implementation issues and requirements of the STARTER intervention.