

LLT is internationally recognised for its evidence-based exercise interventions for clinical populations and for its translation into national qualifications for health and exercise professionals

**laterLife  
training.**



**Exercise after Stroke**  
Part of the Later Life Training Continuum

**The Later Life Training Continuum**



LLT offer a progressive range of accredited national and international training qualifications and CPD. This continuum allows professionals to develop their skills and competencies to meet the diverse abilities and interests of older people. For further information visit our website:

<http://www.laterlifetraining.co.uk/>



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# L4 Exercise and Fitness Training after Stroke Specialist Instructor Qualification

for exercise and health professionals  
working with stroke survivors in  
community and hospital settings ©



Queen Margaret University  
EDINBURGH

EfS

## Introduction

This L4 Specialist Exercise and Fitness Training after Stroke Instructor qualification

(EfS) is the first and only **evidence-based, accredited and endorsed** L4 stroke qualification available in the UK. Delivered by a multidisciplinary team, it is also the only qualification to be developed by a reference group of national experts in stroke research, clinical and exercise science practise.

The course (incl. assessment) uses a blended learning approach, of face to face learning and an online training portal, to teach students to apply knowledge, through problem solving, to the practice of tailoring the STARTER research programme to the diverse range of functional impairment (physical, sensory and cognitive) met in stroke survivors. All approaches are aligned with the 2010 Exercise After Stroke Guidelines.

## Accredited & Endorsed Qualification

The EfS Level 4 Exercise Qualification is accredited by Queen Margaret University, endorsed by the UK Stroke Forum and by Skills Active, recognised by the Register of Exercise Professionals (REPs) (20 points) and aligned with the benchmarks of the Chartered Society of Physiotherapy and the Quality Assurance Agency for Higher Education. Additional resources are available on the LLT Student Pages during and following the course.



## EfS Evidence

EfS is underpinned by current evidence (Cochrane Reviews, STARTER Exercise Programme) and recommended by the National Advisory Committee For Stroke: *Best Practice Guidance for the Development of Exercise after Stroke Services in Community Settings*. Improvements demonstrated in research trials (see website) include:

- Improvements in walking economy
- Improvements in comfortable walking speed
- Improvements in leg extensor power (affected leg)
- Improvements in general health/mental health/vitality
- Improvements in timed up and go
- Improvements in functional reach

## Who is the EfS course for?

- L4 Specialist Exercise Instructors\*
- L3 Exercise Referral Instructors\*
- Physio/occupational Therapists
- Rehab/T1 Assistants (in NHS services)
- Sports/Exercise Scientists
- Exercise Rehabilitation Instructors (MoD)\*
- Personal Trainers ( » L3 Exercise Referral )\*

## EfS Settings

- NHS Physiotherapy Departments
- Leisure Centres / Health Clubs
- GP practice
- Health Centre Gyms
- Community Halls / Centres
- GP Referral Services
- Stroke-Specific Services

\* See website for REPs pre-requisite requirements

## Key Learning Outcomes

- Understanding of stroke and its impact
- Understanding of the exercise evidence
- Competent design, delivery of safe, effective exercise
- Competent outcome measures/evaluation.
- Specialist instructor skills
- Competent therapy led, functional exercise tailoring
- Competent group and one to one approaches
- Risk stratify and refer appropriately to health/exercise professionals
- Effective communication with stroke survivors/colleagues



## Why choose Later Life Training?

LLT is a national training provider who for over 10 years has worked effectively with local commissioners and service managers

LLT is renowned for its ability to up-skill learners to a high level of practical competence for a diverse range of settings

LLT directors are internationally recognised experts in research and practice in the field of exercise, ageing and disease

LLT always provide an enjoyable and engaging experience for all our learners (see testimonials on the website)

LLT EfS tutors have extensive experience of implementing EfS services within NHS and community exercise referral settings, so provide 'fit for purpose' training

LLT is the only training provider delivering a continuum (Level 2 to Level 4) of evidence based training plus an extensive CPD programme

## Get started today...

For more information about costs, dates, how to enrol on a EfS course, become a local 'Host Organiser' or about how LLT can design a bespoke course in your local service/workplace: visit our website

[www.laterlifetraining.co.uk](http://www.laterlifetraining.co.uk)  
call us on

**01838 300310**  
or complete and send in this form.

Name:

Address:

Telephone:

Email:

Send completed form to **Later Life Training, Silver Cottage, Main Street, Killin, FK21 8UT**

**BE SURE YOU ARE INSURED TO WORK WITH STROKE SURVIVORS.  
GET QUALIFIED WITH LLT TODAY.**