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/

Tel: 01838 300 310 Email: info@laterlifetraining.co.uk
Later Life Training, Silver Cottage, Main Street, Killin, FK21 8UT

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

OA

L3 Award in Adapting Exercise for Independently Active, Older People

Exercise Professional Qualification

for instructors wanting to work with

Independently Active, Older Adults ©

Introduction

OA

The LLT Older Adult training course delivers the skills, knowledge and competence Required of the exercise leader in order to work in an unsupervised capacity with independently active, older people. The course covers the considerations for safe, effective and evidence-based exercise and how to plan, adapt and deliver exercise programmes for the general older adult populations (apparently healthy, community dwelling, older people). It covers a functional model approach for adapting exercises to meet the needs of older people and provides an added value, 'fit for purpose' qualification for learners and services. This qualification is delivered by LLT, kept constantly updated by evidence, and is available NOW.

Who is the Older Adult course for?

The Older Adult course is designed for qualified exercise professionals and requires prior completion of one of the following qualifications *:

- Level 2 Certificate in Fitness Instructing (gym-based exercise, exercise to music or water-based exercise)
- Level 2 Certificate in Fitness Walking or any other qualification within the physical activity adviser category on REPs
- Level 3 Diploma in Teaching Yoga, Level 3 Diploma in Teaching Pilates.

The Older Adult course, along with L3 Exercise Referral, is a necessary pre-requisite for L4 Specialist Courses such as the Postural Stability Instructor*.

Accredited and Endorsed

CPD 20 REPs SKILLSACTIVE ENDORSED

The Older Adult Award is Skills Active endorsed (20 REPs CPD points). It is also aligned with International Best Practice Guidance for Physical Activity Instruction with Older Adults. Successful candidates receive an LLT and a CYQ Certificate.

The 2 day Older Adult course is designed for qualified exercise professionals wishing to deliver community-based exercise to the general older population, i.e. those who are relatively well and independent in all activities of daily living. It includes the physiology of ageing, adapting exercise to meet the needs of independently active, older people, as well as practical exercise workshops considering gym equipment, smaller equipment (such as resistance bands) and group exercise to music. Additional resources are available on the LLT Student Pages during and following the course.

Older Adult Settings

- Group exercise in community halls/ centres
- Gym programmes or group exercise in leisure centres/health clubs
- GP Referral programmes (if L3 GP Referral qualification also held)
- Home Based Programmes
- Personal Training

Older Adult Evidence

Older Adult allows existing group sessions (pilates, yoga, exercise to music) to be inclusive. This course is based on a variety of systematic reviews of evidence on the benefits and types of exercise appropriate for independently active older adults. It is underpinned by the Chief Medical Officer's Guidelines for Physical Activity and Health for older people (2011).

* See website for REPs pre-requisite requirements

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Course Content

The learner will;

- Understand the ageing process and ageing demographics
- Know the effects of ageing and inactivity and understand the benefits of physical activity and exercise, as well as the special considerations that must be taken into account when programming and delivering exercise for independently active, older people.
- Understand how to support and motivate the independently active, older adult in exercise and understand how to promote exercise for independently active, older people.

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 directors are internationally recognised experts in falls research and practice in the fields of exercising, ageing and disease

LLT tutors are all currently active within NHS and community and leisure services across the UK

LLT develop all training based on evidence in collaboration with original researchers

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

LLT always provide an enjoyable and engaging training of the highest quality for all our delegates/learners

(see testimonials on the website)

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

Get started to

For more information about costs, dates, how to enrol on an Older Adult 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

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 INDEPENDENTLY ACTIVE OLDER PEOPLE. GET QUALIFIED WITH LLT TODAY.