

CANDIDATE ELIGIBILITY AND GUIDELINES

The following guidelines have been devised to ensure that professional roles, skills, competencies and experience are matched to those required in supervising falls prevention exercise with this vulnerable client group.

They are intended to ensure the highest possible entry standards of practice, as well as to indicate the level at which the course is aimed. The course is designed for those with a prior history of learning at an advanced level. There is some flexibility in this area of expertise and therefore every application will be considered individually.

General Requirements and recommendations:

- A background of exercise delivery with older people is recommended.
- All candidates will need to have prior learning in;
 - basic anatomy and physiology
 - the health benefits of physical activity
- A high level of commitment is necessary to complete this training course.
- *People 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.*
- The course consists of a minimum of 13 hours mandatory pre-course e-learning tasks (via the LLT online training portal - please refer to the blended learning guidelines outlined in the course further info section), 36 contact hours and at least 100 hours of homework and home study/self-directed learning.
- There are three elements to the course assessment; a theory examination, a practical assessment (including a session plan and self-evaluation) and a written case study.
- It is the responsibility of the candidate to hold valid CPR, without this the qualification will not be valid.

Eligibility guidelines for the following professions are provided below:

- Exercise and Fitness Professionals (including Leisure Managers)
- Health Care Professionals (including Health Managers)

Exercise and Fitness Professionals***Pre-requisite Requirements for L4 REPs Status***

All exercise professionals at all levels (Level 2 – Level 4) are advised to take up registration with the [Register of Exercise Professionals](#) (REPs) to comply with the fitness sector's best practice recommendations for evidence of professional membership. 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.

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 would be expected to register on REPs as part of Skills Active standards. There is, however, no requirement for health professionals working within the NHS to register on REPs.*

Exercise/Fitness Professionals

- Exercise professionals on REPs and with REPs insurance; a L3 Exercise Referral Qualification is required in order for L4 PSI insurance to be valid on REPs.
- *For exercise professionals who are insured by another provider, we advise that candidates check for requirements of insurance of a L4 course.*
- *We recommend:*
 - Experience of delivery of exercise sessions for older populations within the previous 2 years.
 - Observation of a falls specialist programme within a hospital or primary care setting (frailer older adults/high risk)
 - Observation of a community led follow on PSI class in the community (less frail older adults/lower risk).
 - *Find an Instructor on the LLT website or through local falls websites in your area.*

Leisure Managers wishing to attend to increase knowledge and understanding

- *We recommend:*
 - A recognised qualification in the management of sport, recreation and leisure.
 - Experience of management of physical activity programmes for higher risk populations, within a recreation and leisure setting.
 - Training in management of special populations within a recreation and leisure setting.

Health Care Professionals

Physiotherapists:

- *We recommend:*
 - A relevant caseload e.g. specialists in elderly care, orthopaedics, etc.
 - Experience of delivery or commitment to delivery and/or supervision of delivery of exercise, to groups of frailer older people in their work setting.

Occupational therapists:

- *We recommend:*
 - o A relevant caseload e.g. specialists in elderly care, orthopaedics, etc.
 - o Working in a multidisciplinary team and with a senior physiotherapist on the exercise aspects of the management plan.

Therapy / Rehabilitation / Health Care Assistants or Support Workers:

- *We recommend:*
 - o 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 PSI training requires practical group tasks with role play learning approaches which may be new to many people working in the NHS setting.
 - o A relevant caseload e.g. specialists in elderly care, orthopaedics, etc.
 - o Successful previous experience of advanced level learning (preferably in ageing or exercise).
 - o Supervision by a physiotherapist or within a multidisciplinary team for any exercise delivery.
 - o Willingness to undertake an appropriate level access course if necessary.

Nurses:

- *We recommend:*
 - o A relevant caseload e.g. specialists in elderly care, orthopaedics, etc.
 - o Successful previous experience of advanced level learning (preferably in ageing or exercise).
 - o Supervision by a physiotherapist or within a multidisciplinary team for any exercise delivery.
 - o Willingness to undertake an appropriate level access course if necessary.

Health Managers:

- *We recommend:*
 - o A recognised qualification in the management of health organisations.
 - o Experience of management of physical activity/exercise programmes within the health service or other health organisations.
 - o Commitment to evidence based exercise rehabilitation delivery in health care settings.