

- Tutors will assume that all pre-course elearning tasks have been completed by face-to-face training day 1.
- Please bring your completed pre-course worksheets/tasks with you to Day 1

Course Day 1			
Tutor team: Physiotherapist and PSI Exercise Specialist (Timings may vary)			
Time	Tutor Lead	Session type	Session
0845-0900	ES		Registration
0900-0930	ES & PT	Tutorial	Welcome and Introductions: learning approaches/skills rehearsal approaches
0930-0945	ES	Lecture	The Course and the Falls Exercise Referral Continuum
0945-1015	PT	Lecture	Interventions to reduce Falls: Research Update
1015-1030			Break
1030-1145	ES	Practical	Practical: example FaME session; skills required of a PSI
1145-1245	PT	Practical	Falls risk & effects of ageing review
1245-1330			Lunch
1330-1400	PT & ES	Practical	Motivation
1400-1515	ES & PT	Practical	FaME skills rehearsal teaching workshop: Warm Up (and pre-session checks & posture)
1515-1530			Break
1530-1630	PT	Group task	Pre-Exercise Assessment Case Study approach (Maureen) (using pre-course task)
1630-1700	ES	Group task	Goal setting
1700-1730	ES	Group task	FaME skills rehearsal teaching workshop: Dynamic Endurance & Dynamic Balance
1730-1745	ES	Group task	Set Homework for day 2; (planning for a successful teaching skills rehearsal)
1745-1800	ES & PT		Candidate guidance and support

Course Day 2			
Tutor team: PSI Exercise Specialist			
Time	Tutor Lead	Session type	Session
0845-0900	ES		Registration/Candidate guidance & support
0900-0920	ES	Group task	Review session plan/teaching points for Dynamic Endurance & Dynamic Balance
0920-1015	ES	Practical	FaME skills rehearsal teaching workshop: Dynamic Endurance
1015-1030			<i>Break</i>
1030-1115	ES	Practical	FaME skills rehearsal teaching workshop: Dynamic Balance
1115-1200	ES	Group task	Programming Theory and Practice
1200-1245	ES	Practical	FaME teaching workshop: Resistance Training
1245-1330			<i>Lunch</i>
1330-1415	ES	Group task	Programming Theory and Practice II
1415-1515	ES	Practical	FaME skills teaching workshop: Backward Chaining & Floor Transitions, Floor-Work (Coping Strategies, Resistance & Balance)
1515-1530			<i>Break</i>
1530-1645	ES	Group task	Exercise Management of Medical Conditions & medications Impacting on Falls and injuries, Progression and Adaptation
1645-1715	ES	Practical	FaME skills rehearsal teaching workshop: Cool Down Practical including Tai Chi
1715-1730	ES	Group task	Set homework: for successful skills rehearsal on day 3
1730-1800	ES		Candidate Guidance and Support

- Complete mandatory mid-course elearning task and associated reading/self directed learning. Post any questions/discussion to your course forum.

Course Day 3 - Theory Paper & Prepare for Practical Assessment

Time	Session type	Session
0855-0900		Registration & welcome
0900-0930	Group task	Final prep/briefing for theory paper
0930-1130	Theory Assessment	THEORY PAPER: 30 Multiple choice and 5 short answer
1130-1200		Break
1200-1245	Group task	Case Study briefing: Miss GJ submission in 4 weeks
1245-1330		Lunch
1330-1345	Group task	Review completed session plans (specific Teaching Points)
1345-1415	Group practice Including self-reflective practice	PSI Practical Assessment teaching workshop: Pre-session checks and warm up mobility
1415-1500		Dynamic Endurance
1500-1515		Break
1515-1600	Group practice Including self-reflective practice	Dynamic Balance
1600-1630		Backward Chaining demo/floor and teach
1630-1700		Tai Chi
1700-1730	Group task	Final brief for Day 4 practical assessment; health and safety sheet and session plan
1730-1800		Candidate Guidance and Support

Course Day 4 - Practical Assessment

Time	Assessor Team	Practical Assessment
08.55 - 09.15	Lead Assessor	Introduce assessor team, overview of day: Submit session plans and health & safety venue risk assessment
09.15 - 09.30	Assessor team	Allocate exercises for summative assessment; 15 minute group review and prepare/room set up
09.45 – 17.00 (incl. breaks & lunch)		Practical Summative Assessments; no results or feedback are given on the day

Preparation for case study submission, see candidate summative assessment pack to be electronically submitted to info@laterlifetraining.co.uk by midnight 4 weeks from your practical assessment day.
Fees will apply for late submissions.