The Functional Fitness MOT at Home is a new enhanced online learning course for Wellbeing and Active Ageing, health and fitness, sport and recreation and allied health care professionals to remotely support people aged 50 - 90 and communities in their own homes.

The Functional Fitness MOT at Home Course will enable you to:

✓ Understand the components of functional fitness and their importance for ageing populations
✓ Experience the assessment activities from the new Functional Fitness MOT at Home Tool
✓ Practice remote communications, including motivation and messaging, tailored to individuals in your communities
✓ Plan Functional Fitness MOT at Home assessments for your work settings
✓ Maximise the evidence that underpins the use of the Functional Fitness MOT at Home
✓ Know how to access additional resources to support the programme

The online learner journey

> WEEK 1
Enrolment, engagement, familiarisation and pre-course reading

> WEEK 2
Part 1. Planning your FF MOT at Home Programme and assessments
By the end of the week...
Complete tasks & forum posts from Units 1, 2 and 4
This week’s group discussion:
Face-to-Face Welcome Chat

> WEEK 3
Part 2. Practical implementation of the assessments
By the end of the week...
Complete tasks & forum posts from Units 5, 6, 8 & 9

> WEEK 4
Part 3. Post-assessment, supporting people to change and applications to your role
By the end of the week...
Complete tasks & forum posts from Unit 11
This week’s group discussion:
Action Planning with your persona

Functional fitness is important for the activities of daily living, mobility and independence in later life. Evidence is clear that it has been affected by the impact of Covid19 and activity restriction amongst ageing populations. This has led to increased deconditioning, loss of confidence and feelings of vulnerability.

Cost
£70 + VAT
includes course manual, two one-hour interactive LLT tutor led sessions, and download materials for local customised use.

The Functional Fitness MOT is included as one of the 20 new ideas from UK Universities that would change the world!