

Virtually Delivered Adapted Tai Chi (FaME) for PSI's

Adapted Tai Chi forms part of the FaME programme, this online learning journey includes directed self-reflective tasks and practice to enhance delivery of this FaME element

Who is this course for?

This learning journey has been designed for exercise/health professionals who have completed LLTs 'Postural Stability Instructor Training, all content is in relation to delivery of the FaME programme (scope of practice for PSIs).

Course Discount for Members



Education
Members pay:
£81
+VAT



Connect
Members pay:
£72
+VAT

By the end of this learning journey you will be able to:

- ✓ See how your performance of the three Adapted tai chi sequences from FaME have improved.
- ✓ Hear the evidence for tai chi and falls prevention.
- ✓ More effectively analyse your personal performance of the three adapted tai chi movements from FaME.
- ✓ Feel more confident to include this element into virtual delivery/face to face sessions.
- ✓ Identify the key safety points for teaching this element to older people at risk of fall.
- ✓ Feel confident to problem solve movement adaptations/tailoring requirements for a diverse audience.

Your online learner journey

- You will be enrolled onto your virtual course (for pre-reading/tasks) 2-weeks prior to the first live interactive session
- This learning event spans a duration of 2 weeks, 8 guided learning hours, self-directed tasks plus x3 virtual/online sessions with Jane Ward.
- Certificate of completion requires attendance to all sessions (they wont be available as recordings).
- Be prepared for pre-learning tasks and homework tasks throughout.

Your virtual interactive days

Your 3 virtual days with Jane will be hosted on the LLT interactive platform BBB (Big Blue Button) we strongly advise you test your browser compatibility prior to booking

For a list of up and coming dates, please visit our [course dates page](#).

To test if your browser is compatible with the Big Blue Button, please visit the [test link](#) prior to booking