

Parkinson's & Exercise CPD6 Timetable

9.00 - 9.15	Registration
9.15 - 9.20	Welcome, housekeeping and introductions
9.20 - 9.30	Course aims and learning outcome
9.30 - 10.30	Condition review: Understanding Parkinson's
10.30 - 11.30	Research and guideline update: Exercise and Parkinson's
11.30 - 12.00	Break
12.00 - 13.30	Practical session: <ul style="list-style-type: none"> ▪ Discussion about altering our exercise approach for people with different sub-types of Parkinson's (based around video footage of people at exercise classes) ▪ Practical on using rhythm and other cues in exercise
13.30 - 14.00	Lunch
14.00 - 15.30	Practical session: Combining research and practice to decide on realistic intervention. Will use the example of circuit exercises and progressions
15.30 - 16.00	Summary with Q&A and evaluation
16.00	Close

Course Tutor: Dr Bhanu Ramaswamy OBE

Aims and Learning Outcomes of the Day

Aims:

To provide the underpinning knowledge and practice updates to enable Postural Stability Instructors (PSI) to:

- Apply & extend their current PSI knowledge and competence to a related population i.e. exercisers with Parkinson's
- Critically evaluate the current research on Exercise and Parkinson's
- Critically evaluate the current research to enable multidisciplinary discussion of the role of the exercise professional in reducing falls and/ or the risk factors for falls and in improving physical fitness and mental health of the person with Parkinson's
- Review, update and extend their practice
- Further their understanding of how to apply research and guidelines recommendation into practice

Learning Outcomes:

At the end of the day the participants will be able to:

- Evaluate and/ or identify the benefits and types of exercise for people with Parkinson's
- Evaluate and/or identify the benefits of different types of exercise interventions
- Revise and update their PSI practice
- Analyse and/ or identify physical activity of the exercisers in their sessions compared to research and guideline recommendations
- Build on their knowledge of where to access appropriate resources.