

Postural Stability Instructor (PSI) Specialist Training

Timetable 2019

Tutors will assume that all pre-course elearning tasks have been completed before attendance at face-to-face training day 1.

Face to Face Course Day 1 Tutor team: PSI Exercise Specialist			
Approx. Time	Tutor Lead	Session Type	Session Title & Overview
0845-0900	ES		Registration
0900-1000	ES	Tutorial	- Welcome: LLT learning approaches (self directed/self reflection, problem solving & critical thinking), assessment process/appeals. - Intro's & FRAT & Functional grid) your neighbour!
1000-1045	ES	Presentation & Discussion	- Presenting: An overview of an evidence based Falls Prevention Exercise Continuum; CBE, OEP, FaME (& beyond...). - (Role & responsibilities of a PSI in delivering the 3 phases of FaME - summary; Assess, design, monitor/progress, motivate, evaluate)
1045-1100			Break
1100-1200	ES	Practical	The 7 Evidence Based Activities of FaME (<u>plus</u> warm up!) Practical skills session: FaME warm-up 1. Exercise theory review/assumed prior knowledge 2. LLT tutor demo; advanced skills teaching older people 3. Planning for your skills rehearsal 4. Delivering your plan 5. Teaching skills rehearsal self reflection 6. Applying principles of progression across the 3 phases of FaME 7. Action planning for learning
1200-1300	ES	Practical	The 7 Evidence Based Activities of FaME Practical skills session: DYNAMIC ENDURANCE (1-4)
1300-1345			Lunch
1345-1415	ES	Practical	DYNAMIC ENDURANCE cont. (5-7)
1415-1515	ES	Practical	The 7 Evidence Based Activities of FaME. Practical skills session: DYNAMIC BALANCE/& principles of adapted Tai Chi (1-4)
1515-1530			Break
1530-1600	ES	Practical	DYNAMIC BALANCE cont. (5-7)
1600-1620	ES	Student led discussion	Day 1 learning review & evaluation; What was new, different, easy, difficult, needs more work?
1620-1700	ES	Tutorial	Preparation for day 2: Introducing Chris, Neville and Mike and evening task
1700-1730	ES	Student led	Candidate/student support (as required)

Face to Face Course Day 2
Tutor team: PSI Exercise Specialist & Physiotherapist/Exercise Physiologist

Time	Tutor Lead	Session type	Session
0845-0900	ES		Registration/Candidate guidance & support
0900-0930	PT/ES	Group task	Research and Evidence Quiz (from pre-course webinar content) & Risk Factors for Falls
0930-1015	PT	Presentation Tutor led group discussion/tasks	- Pre- exercise assessment & motivation: The role of the PSI (case study related tasks) - Having conversations supporting motivation and behavior – change & achieving goals. Video analysis; Chris/Miss GJ: listen, observe and reflect
1015-1100	PT		Pre-exercise assessment (for increased motivation): The role of the PSI - Interpreting functional assessments and QoL Questionnaires
1100-1115			Break
1115-1215	PT/ES	Tutor led small group tasks	- Physiology/Effects of Ageing: Case study approaches to analysis of assessment outcomes and rationale for appropriate programmes and progressions. - Comorbidity & Functional Impairment: Persona overviews; Chris, Neville, Mike analysis and session choice decision with rationale
1215-1245	ES/PT	Small group tasks	PSI Advanced Teaching Skills (& assessment criterion): meeting the needs of participants (age related changes and functional impairment) - preparation for afternoon practical skills rehearsal
1245-1330			Lunch
1330-1430	ES/PT	Practical	Exercise management of medical conditions, medications and functional impairment impacting on Falls and injuries. Building on day 1 teaching skills/format: The 7 Evidence Based Activities of FaME. Practical skills session: RESISTANCE TRG/STRENGTH (1-7)
1430-1530	ES/PT	Practical	The 7 Evidence Based Activities of FaME. Practical skills session: BACKWARD CHAINING APPROACH TO RISE FROM THE FLOOR & S&B Floor based ex (1-7)
1530-1545			Break
1545-1630	ES/PT	Practical	The 7 Evidence Based Activities of FaME. Practical skills session: ADAPTED TAI CHI & FLEXIBILITY (1-7)
1630-1700	ES/PT	Student led discussion	Day 2 learning review & evaluation; What was new, different, easy, difficult, needs more work? Day 3 briefing (also detailed on portal) and preparation/homework
1700-1730	ES/PT	Student led	Candidate/student support (as required)

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

**Face to Face Course Day 3
Theory Paper & Prepare for Practical Assessment**

Time	Session type	Session
0845-0900		Registration & welcome
0900-0930	Group briefing	Final prep/briefing for theory paper
0930–1130	Theory Summative Assessment	THEORY PAPER: 30 Multiple choice and 5 short answer
1130-1200		Break
1200-1230	Tutorial	Case Study briefing: summary, details on elearning portal
1230-1245	Tutorial	Session planning review for day 4 (from days 1&2 planning tasks) & health and safety risk assessment (elearning narrated ppt)
1245-1330		Lunch
1330-1415	Small group practice Including self reflective practice	PSI Practical Assessment teaching workshop – from your plans: Pre-session checks and warm up mobility & dynamic endurance
1415-1500		Dynamic Balance
1500-1515		Break
1515-1545	Group practice Including self reflective practice	Strength
1545-1630		Backward Chaining demo/floor and teach
1630-1700		Adapted Tai Chi (& flexibility review)
1700-1730	Group task	Final brief for Day 4 practical assessment
1730-1800		Candidate Guidance and Support

**Face to Face Course Day 4 or 5
Practical Assessment**

Time	Assessor Team	Practical Assessment
0900-0930	Lead Assessor	Introduce assessor team, overview of day: Submit session plans and health & safety venue risk assessment
0930-0945	Assessor team	Prepare/room set up
0945 – 16.00 (incl. breaks & lunch)		Practical Summative Assessments; no results or feedback is given on the day. For any problems relating to your attendance contact info@laterlifetraining.co.uk and not via the course forum/elearning portal.