

PSI Specialist Training -10am-4pm

Tutors will assume that all pre-course elearning tasks have been completed

Face to face Course Day 1 Tutor team: PSI Exercise Specialist			
Approx. Time	Tutor Lead	Session Type	Session Title & Overview
PLEASE WASH HANDS PRIOR TO ENTERING THE TRAINING ROOM and we ask that you do not arrive into the training room before 0930			
0945 - 1000	ES		Registration in training room, locate personal working space/place all personal items under chairs provided.
1000 - 1045	ES	Tutorial	Welcome: LLT learning approaches (self directed/self reflection, problem solving & critical thinking), assessment process/appeals.
1045 - 1115	ES	Presentation & Discussion	<ul style="list-style-type: none"> - 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)
1115 - 1130			Break/hand wash – no refreshments are provided.
1130-1200	ES	Learner led	<i>Personas review (from virtual day 2) Chris, Mike, Neville</i>
1200-1300	ES	Practical	The 7 Evidence Based Activities of FaME (plus warm up!) Practical skills session: FaME warm-up <ol style="list-style-type: none"> 1. Exercise theory review/assumed prior knowledge 2. LLT tutor demo; advanced skills teaching older people 3. Planning for your skills rehearsal (session planning) 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
1300-1345			LUNCH/hand wash
1345-1445	ES	Practical	FaME: Practical skills session: DYNAMIC ENDURANCE (1-4)
1445-1515	ES	Practical	DYNAMIC ENDURANCE cont. (5-7) inc considerations for Chris, mike Neville – adaptation and tailoring. Exercise management of medical conditions, medications and functional impairment impacting on Falls and injuries
1515-1530	ES	Group discussion	The 7 Evidence Based Activities of FaME. Dynamic Balance (1)
1530-1600	ES		Day 1 learning review & evaluation; What was new, different, easy, difficult, needs more work? Homework; plan to teach a dynamic balance exercise considering Chris, Mike Neville
1600-160	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
PLEASE WASH HANDS PRIOR TO ENTERING THE TRAINING ROOM and do not arrive into the training room before 0930			
0945-1000	ES/PT		Registration/Candidate guidance & support
1000-1015	ES		Homework review/discussion points/questions
1015-1115	PT & ES		The 7 Evidence Based Activities of FaME. Dynamic Balance (2-3)
1115-1130			<i>Break/hand washing – no refreshments are provided</i>
1130-1230			Practical skills session: DYNAMIC BALANCE (& includes principles of adapted Tai-Chi (4-7) Exercise management of medical conditions, medications and functional impairment impacting on Falls and injuries
1230-1315			<i>Lunch</i>
1315-1415			Practical skills session: Resistance/Strength Training (1-7)
1415-1530	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) Exercise management of medical conditions, medications and functional impairment impacting on Falls and injuries
1530-1600			Day 2 learning review & evaluation; What was new, different, easy, difficult, needs more work? Day 3 briefing
1600-1630	ES/PT	Student led	Candidate/student support (as required)

Course Day 3 - Theory Paper
& Prepare for Practical Assessment

Time	Session type	Session
PLEASE WASH HANDS PRIOR TO ENTERING THE TRAINING ROOM and do not arrive into the training room before 0930		
0945-1000		Registration & welcome
1000-1015	Group briefing	Final prep/briefing for theory paper
1015–1115	Theory Summative Assessment	THEORY PAPER: (new format theory paper, 26 multiple choice questions)

1130 - 1230	Tutor led	The 7 Evidence Based Activities of FaME. Tutor demo: ADAPTED TAI CHI & FLEXIBILITY (1-7)
1230-1315	Lunch	No lunch provided
1315 -1600	Student led practice	Teaching rehearsal of all FaME components to assessment criteria/peer feedback and self reflection/PSI Advanced Teaching Skills (& assessment criterion)
1600 - 1630		Candidate support

This timetable is subject to change

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