

Postural Stability Instructor (PSI) Specialist Training Timetable 2021

Tutors will assume that all pre-course elearning tasks have been completed by 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, and 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 (plus 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			<i>Break</i>
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			<i>Lunch</i>
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			<i>Break</i>
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.

Course Day 3 - Theory Paper & Prepare for Practical Assessment		
Time	Session type	Session
0845-0900		Registration & welcome
0900-0915	Group briefing	Final prep/briefing for theory paper
0915-1020	Theory - Summative Assessment	THEORY PAPER: 23 Multiple choice questions
1020 - 1045	BREAK	
1045-1110	Tutorial	Session planning review for day 4 (from days 1&2 planning tasks) & health and safety risk assessment (elearning narrated ppt)
1110-1215	Tutor demo and small group practice, Reflective practice	PSI Practical Assessment teaching workshop (from plans) Pre-session checks, warm up mobility, dynamic endurance
1215-1315	Small group practice Including reflective practice	PSI Practical Assessment teaching workshop (from plans) Dynamic Balance
1315-1345	LUNCH	
1345-1445	Small group practice Including reflective practice	PSI Practical Assessment teaching workshop (from plans) Strength
1445-1545	Small group practice Including reflective practice	PSI Practical Assessment teaching workshop (from plans) Backward Chaining demo/floor and teach
1545-1600	BREAK	
1600-1630	Small group practice Including reflective practice	PSI Practical Assessment teaching workshop (from plans) Adapted Tai Chi (& flexibility review)
1630-1645	Individual reflective action planning for assessment task	Personal action planning from today's rehearsal
1645-1700	ES	<ul style="list-style-type: none"> • Final questions for practical assessment – where to ask questions and seek support from your tutor • Case study support summary; questions to the tutor rather than on the forum.
1700-1730		Candidate Guidance and Support

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
09.30-0945	Assessor team	Prepare/room set up
09.45 – 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.

laterLife
trainingTM