



PROFESSIONAL FITNESS & EDUCATION

## YMCA AWARDS LEVEL 3 AWARD IN DELIVERING CHAIR-BASED EXERCISE

### YMCA AWARDS LEVEL 3 AWARD IN DELIVERING CHAIR-BASED EXERCISE - 2 DAY COURSE



As the growing population gets older and lives longer this qualification can give you the skills and knowledge to teach this rewarding group of clients. It will enable you to work in retirement homes, care homes, local authority centres as well as one to one with your own clients. It will teach you a range of research based chair-based exercises and give you the ability to plan and deliver chair-based exercise to either frailer older adults or those who are chair bound.

#### What will I learn?

##### Knowledge and understanding relating to the qualification:

- the values and principles of adult social care-knowledge and understanding of chair-based exercise and its value with adults in care and community settings,including frailer older adults and disabled adults
- the difference between chair-based exercise and physical activity,the impact of body system changes associated with ageing, disability and inactivity (home study)•the structure and content of a chair-based exercise session•how to plan for frailer older adults or disabled adults

##### Skills relating to the qualification:

- be able to plan a safe and effective chair-based exercise session
- be able to deliver a safe and effective chair-based exercise session
- be able to reflect upon a safe and effective chair-based exercise .

#### How long is the course?

You will be sent your knowledge base manual to study at home prior to coming on the course. On day one of the course your tutor will briefly revise the ageing processes with you. Day 2 of the course is your practical assessment of a given number of chair based exercises. You will be required to produce a lesson plan, teach and evaluate your teaching. After the course you have time to complete the worksheets and submit them for marking.

#### WHAT QUALIFICATION WILL I GAIN?

LEVEL 2 AWARD IN CHAIR BASED EXERCISE.

#### WHAT ARE THE ENTRY REQUIREMENTS?

THE COURSE CAN BE ACCESSED BY CANDIDATES WHO HAVE A LEVEL 2 OR 3 QUALIFICATION WITH A RECOGNISED AWARDDING BODY (IE YMCA AWARDS, ACTIVE IQ).

#### HOW WILL I BE ASSESSED?

- COURSEWORK TO INCLUDE ASSESSED ANATOMY & PHYSIOLOGY WORKSHEETS (HOME STUDY). •PRACTICAL DEMONSTRATION/ASSIGNMENT (TAUGHT SESSION PLAN).