

Supporting Participation in Physical Activity: Older Adults

Summary

This course will give you the skills to support people to age healthily through physical activity and exercise. You will build your knowledge of the effects of the ageing process and the impact of inactivity on the body. You will find out how to adapt fitness programmes for older people, as well as discovering other services available to support the wellbeing needs of the UK's ageing population.

Course Provider	Health and Fitness Education (HFE) Unit 1A, Keepers Wood Way, Chorley, Lancashire PR7 2FU 0800 612 4067 www.hfe.co.uk
Qualification Accreditation	YMCA Awards / CIMSPA
Academic level	Level 3
PET entry requirements	Level 2 English and a Level 2 fitness instructing qualification
Format of course material	Paper-based
Structure of course	<ol style="list-style-type: none"> 1. Gain understanding of ageing and its effects, as well as healthy ageing practices 2. Become familiar with the risks and contraindications to exercise in older adults 3. Understand the guidelines for best practice when delivering physical activity and exercise to older adults 4. Screen and assess older adults prior to participation in physical activity and exercise 5. Develop skills to plan, deliver exercise programmes tailored to older adults 6. Review planned exercise programmes, adapting as necessary
Assignments	4 written assignments
Exam	None
Study hours	40
Course expiry date	12 months
Prison support requirements	Facilitate tutor support via email. This often requires scanning learner assignments and email them to their tutor.

Supplier tutor's support	Yes - accessed via prison staff and also directly using EMAP. Assignment feedback given and questions answered.
Certificate	A printed certificate is provided upon successful completion.
Progress	There are range of possible progression options, including Business Skills for the Fitness Professional, Sports Coaching and Psychology, Social Science and Wellbeing OU Access Module (Y034). Call our free Advice Line on 0800 048 7520 on Tuesdays (10-12pm and 2-4pm) and Thursdays (10am-12pm and 2-6pm).