



Chair-based Exercise Instructor

Course Guide

Thank you for your interest in the Chair-based Exercise Instructor course with Amac. Within this course guide, you will find information on the different parts of the course.

If you need further information then visit our website or ring 01227 831 840 or via email on info@amactraining.co.uk.

CPD Course

Chair-based Exercise Instructor

Pre requisites

Over 16, there are no formal prerequisites and no entry requirements but, it is expected that candidates have either experience of working with older or frailer individuals, have knowledge or understanding in the delivery of exercise programmes

Course Overview

The Chair-based Exercise for the Frail Elderly course has been designed to teach you how to lead a chair-based exercise class. It helps to improve the general fitness of people who are frailer or older individuals. There are no formal prerequisites and no entry requirements but, it is expected that candidates have either experience of working with older or frailer individuals, have knowledge or understanding in the delivery of exercise programmes

Care Sector

This course is ideal of care workers who are looking to provide new and exciting activities to residents. Chair-based exercise classes can be set up almost anyway with little or no equipment.

Staff attending this training may not be a member of REPs however the training that they have undertaken will have been mapped to the Level 2 standards for Exercise and Fitness and endorsed by REPs. We have been training staff at the Orbit Group, and several other organisations who were working in the care area who were also looking for recognised training.

Fitness Sector

A great way of bringing extra classes to a centre's schedule that will open up new opportunities to the frail elderly who would otherwise not visit the centre.

Course Content

- To understand the basic anatomical and physiological changes that take place as a result of the ageing process
- To understand the basics of various medical conditions associated with ageing.
- To understand how to structure a chair-based exercise session.
- To understand how to perform the chair-based exercises.

REPs points

On successful completion of the course, you will be awarded 4 REPs points which can be used for level 2 Fitness instructors towards their annual CPD requirement.



Format 1 - Attendance

Our Online Chair-based Exercise for the Frail Elderly course has been designed to teach you how to lead a chair-based exercise class. It helps to improve the general fitness of people who are frailer or older individuals.

Tutor will go through how to set up and introduce your session. You will learn around 17 exercises which you can then incorporate into your own sessions as needed. You'll get to practice the exercises and get feedback.

Assessment

Included through on-course attendance.

Format 2 – Online Learning

Our Online Chair-based Exercise for the Frail Elderly course has been designed to teach you how to lead a chair-based exercise class. It helps to improve the general fitness of people who are frailer or older individuals.

Easy layout to navigate around Learnstream with the theoretical and practical components separated for ease of use. Comprehensive videos and photos showing the exercises along with key points to read.

Watch a preview on the Amac Youtube Channel.



Assessment

Online multiple-choice quiz. The quiz can be attempted as many times as required to gain the pass mark of 18 out of 25.

This is an online course which is assessed and automatically certified upon achieving 70%.

Note: Access is provided for 90 days. This will allow you time to complete the course and revisit the training material even if you pass the assessment and have already downloaded the certificate.



Certification

Amac Certificate in Chair-based Exercise for the Frail Elderly