

LLT Statement about Chair Based Exercise (CBE) Qualifications and CPD

Prof Dawn Skelton, Bob Laventure, Bex Townley, David Riddell and Dr Susie Dinan-Young (Directors of LLT).

Why this statement?

Later Life Training is **no longer delivering CBE** (Sit Tall, Sit Strong (STSS): The Chair-Based Exercise Programme for Older Adults & Disabled Adults) **as a Qualification** with an awarding body. We are moving into a **new role** – to provide endorsed **Continuing Professional Development (CPD)** for all qualified CBE Leaders, **regardless of their training provider**. This statement explains our rationale.

LLT's decision to NO LONGER deliver CBE as a Qualification with an awarding body

We are **internationally recognised** as leaders in the field of frailer older people and exercise and were the **original developers** of the Chair Based Exercise Leadership Award, based on published evidence, funded by the Department of Health. As a **not for profit** training provider, we have trained approaching 2000 health, fitness and social care professionals in this Leadership Award since 1999.

However, as a result of the following 4 sector changes, LLT can **no longer viably deliver** our full CBE Leadership Training course with certification:

1. continued changes to the National Standards and Qualification Framework (Skills Active);
2. the emergence of The Chartered Institute for the Management of Sport and Physical Activity (CIMSPA) and dissolution of REPs;
3. the Care Sector's recognition of the need for exercise leadership training;
4. a huge increase in the number of training providers delivering CBE courses **either with, or without, the endorsement of an awarding body** (and with a disparate range of cost, content, quality and, importantly, assessment of understanding and competence)

With this vast choice of shorter, cheaper training courses, Managers, Funders, and Students are no longer willing to pay the cost of our specialist training and assessment for the full Leaders Award. Whilst LLT supports regulation and standards, the explosion in significantly shortened CBE Leadership Training, without the necessary time and expertise to gain understanding of movement, progression and motivation, greatly concerns us. **Our 'vision' continues to be for safe, structured, evidence-based exercise for frailer older people, on the falls prevention exercise continuum, mainly in care settings.**

LLT now sees its role as that of a CBE CPD training provider, to help progress the diversely trained CBE Leaders currently in the workforce with *further knowledge* to improve outcomes and *best practice delivery*. Our focus will be on **raising standards and skills** in this specialist area of delivery and progression of meaningful seated exercise and movement sessions for those **unable to stand**.

LLT will therefore support CBE Leaders, *regardless of their training provider*, with:

- **accessible CBE CPD learning events** (from 1hr to half day face to face and online opportunities)
- **bespoke CPD training opportunities** (working with NHS, Care and Fitness organisations to develop bespoke training appropriate to previous CBE training experience to support evidence-based exercise and behaviour change)
- **simple, consistent approaches** to influence the uptake of **physical activity beyond the chair**
- emphasis on the **evidence**, i.e. **Chair based exercise DOES NOT reduce falls!**

We look forward to working with you to support effective seated exercise in the near future.

Other guidance from LLT:

- [LLT Guidance In response to COVID-19 FaME & OEP Delivered as Virtual Exercise Programmes](#)
- [LLT Implementation Guidance for Commissioners, Public Health Officers and Leisure Service Managers \(OEP/FaME\)](#)
- [LLT Home Alone - supporting home-based exercise and guidance for instructors and leaders: The Otago Exercise and FaME Programmes](#)

Other statements from LLT:

- [LLT Statement on Consistent and Accurate Messaging for Commissioners and Stakeholders in Frailty and Falls Services \(OEP/PSI\)](#)
- [LLT Statement - FaME and OTAGO as Dance OR Structured Exercise Formats? \(Dance To Health Programmes\)](#)
- [LLT/AGILE/BASES Collaboration Statement – Partnership working for Successful Falls Care Pathways](#)
- [LLT Statement – Rationale for maintaining face to face approaches within our qualifications](#)
- [LLT Statement – Practical Assessment Process \(PSI/OEP\) during the COVID-19 Pandemic](#)

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