

# Postural Stability Instructor - PSI FaME Training

## Timetable 2022

<b>Face to face Course Day 1</b>		
Approx. Time	Session Type	Session Title & Overview
0845-0900		Registration
0900-1000	LLT led presentation	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	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	<b>Break</b>	
1100-1200	Practical skills rehearsals	The 7 Evidence Based Activities of FaME ( <u>plus</u> warm up!) <b>Practical skills session: FaME warm-up</b> 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		The 7 Evidence Based Activities of FaME <b>Practical skills session: DYNAMIC ENDURANCE (1-4)</b>
1300-1345	<b>Lunch</b>	
1345-1415	Practical	DYNAMIC ENDURANCE cont. (5-7)
1415-1515	Practical	The 7 Evidence Based Activities of FaME. <b>Practical skills session: DYNAMIC BALANCE &amp; principles of adapted Tai Chi (1-4)</b>
1515-1530	<b>Break</b>	
1530-1600	Practical	DYNAMIC BALANCE cont. (5-7)
1600-1620	Student led discussion	Day 1 learning review & evaluation; What was new, different, easy, difficult, needs more work?
1620-1700	LLT led	<b>Preparation for day 2:</b> Introducing Chris, Neville and Mike and evening task
1700-1730	Student led	Candidate/student support (as required)

Face to face Course Day 2		
Approx. Time	Session Type	Session Title & Overview
0845-0900		Registration/Candidate guidance & support
0900-0930	Group task	Research and Evidence Quiz (from pre-course webinar content) & Risk Factors for Falls
0930-1015	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		Pre-exercise assessment (for increased motivation): The role of the PSI - Interpreting functional assessments and QoL Questionnaires
1100-1115	<b>Break</b>	
1115-1215	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	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	<b>Lunch</b>	
1330-1430	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. <b>Practical skills session: RESISTANCE TRG/STRENGTH (1-7)</b>
1430-1530	Practical	The 7 Evidence Based Activities of FaME. <b>Practical skills session: BACKWARD CHAINING APPROACH TO RISE FROM THE FLOOR &amp; S&amp;B Floor based ex (1-7)</b>
1530-1545	<b>Break</b>	
1545-1630	Practical	The 7 Evidence Based Activities of FaME. <b>Practical skills session: ADAPTED TAI CHI &amp; FLEXIBILITY (1-7)</b>
1630-1700	Student led discussion	<b>Day 2 learning review &amp; evaluation;</b> What was new, different, easy, difficult, needs more work? <b>Day 3 briefing (also detailed on portal) and preparation/homework</b>
1700-1730	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	<b>Break</b>	
1045-1110	LLT led	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) <b>Pre-session checks, warm up mobility, dynamic endurance</b>
1215-1315	Small group practice Including reflective practice	PSI Practical Assessment teaching workshop (from plans) <b>Dynamic Balance</b>
1315-1345	<b>Lunch</b>	
1345-1445	Small group practice Including reflective practice	PSI Practical Assessment teaching workshop (from plans) <b>Strength</b>
1445-1545	Small group practice Including reflective practice	PSI Practical Assessment teaching workshop (from plans) <b>Backward Chaining demo/floor and teach</b>
1545-1600	<b>Break</b>	
1600-1630	Small group practice Including reflective practice	PSI Practical Assessment teaching workshop (from plans) <b>Adapted Tai Chi (&amp; flexibility review)</b>
1630-1645	Individual reflective action planning for assessment task	Personal action planning from todays rehearsal
1645-1700		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. <b>For any problems relating to your attendance contact <a href="mailto:info@laterlifetraining.co.uk">info@laterlifetraining.co.uk</a> and not via the course forum/elearning portal.</b>

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