

## Otago Home Exercise Programme (OEP) Online Learning Schedule and Timetable 2+1 Course

<b>Pre-Course Online Learning Tasks</b>		
To be completed prior to attending face to face training days		
<b>Min. Duration</b>	<b>Resources</b>	<b>Task</b>
3 hours min	Online portal	Watch online narrated presentations
3 hours min	Online portal & manuals	Read manuals and complete the mandatory online MCQ and short answer worksheet (forms part of summative assessment)
1 hour	Online portal	Watch the OEP exercise videos and leading examples
1 hour	Online portal, manual & article	Read motivation article (online) and prepare motivational task for face to face training
30 minutes	OEP Assessment Pack	Read OEP Assessment requirements

**Pre-course online learning is monitored and supported by an LLT tutor.**

<b>Face to Face Training Day 1</b>		
08.55 - 09.00		Registration
09.00 - 09.45	1	Welcome, Introductions, Course Aims and Outcomes
09.45 - 11.00	2	OEP Model Session & introduce teaching guidelines (including pro-active learner task)
11.00 - 11.15		<b>Break and hand wash</b>
11.15 - 11.45	3	OEP inclusion & exclusion criteria Review & discussion of the OEP Schedule
11.45 - 12.45	4	Warm Up and Cool Down theory and exercise leading practice workshop
12.45 - 13.30		<b>Lunch and hand wash</b>
13.30 - 14.30	5	OEP Strength Component: Strength theory review and exercise leading practice workshop
14.30 - 15.30	6	OEP Balance Component: Balance theory review and exercise leading practice workshop
15.30 - 15.45		<b>Break and hand wash</b>
15.45 - 16.15	6	Balance continued
16.15 - 16.45	7	Guidelines on planning
16.45 - 17.15		Homework and Learner Guidance and Support. Issue cards for learner led practice day 2

Face to Face Training Day 2		
08.55 - 09.00		Registration
09.00 - 09.15		Recap and Review, prepare for learner led practice
09.15 – 10.45	8	Learner led practice and self evaluation (preparation for assessment)
10.45 – 11.00		<b>Break and hand wash</b>
11.00 – 11.45	8	Learner led practice and self-evaluation continued.
11.45 – 12.30	9 10	Principles of progression and OEP Progression (group and one-to-one) and Implementing Walking as part of the OEP
12.30 – 13.00	11	Communication, motivation
13.00 – 13.45		<b>Lunch and hand wash</b>
13.45 – 14.30		Implementation the OEP in your work setting (co-delivered with host)
14.30 – 15.30		Learner led practice and self evaluation (preparation for assessment)
15.30 – 15.45		<b>Break and hand wash</b>
15.45 – 16.45		Review guidelines on session planning for OEP Review Assessment Instructions
16.45 – 17.15		Review Assessment Instructions, Learner Guidance and Support

Mid-Course		
Online Learning Tasks in preparation for Summative Assessment		
<i>Est. Duration</i>	<i>Resources</i>	<i>Task</i>
1 hour	Online portal	Re-watch the OEP exercise videos
30 minutes	OEP Assessment Pack	Read OEP Assessment requirements (write Otago session plan including all evidenced exercises), complete H&S sheet
		Practice leading skills and technique

### Day 3 Assessment

08.55 - 09.00		Registration
09.00 - 09.15		Assessment Briefing (outline only)
09.15 – 17.00		Practical Assessments: Planning, Leading, Self Evaluation and Worksheet Assessments  <b>Lunch and breaks included in this time, along with learner guidance and support</b>

There will be an unavoidable delay before you receive your results at the end of the day. This time allows your assessor to complete written feedback for you, mark your session plan, complete all administration and liaise with the rest of the assessor team.

**PLEASE BE PREPARED FOR THIS WAIT AND  
WE THANK YOU IN ADVANCE FOR YOUR PATIENCE.**