

PSI FaME Training Learning Schedule

NOTE

Over and above the face-to-face training days we estimate self-directed learning of

- a minimum of 26 hours
- a recommended 50 hours

DAY 1 PSI FaME Face to Face Training

09:00 SESSIONS 1 - 3

Getting off to a good start

(Arrive at day 1 having completed all pre-course learning tasks and MCQs, submit pre-course reflective practice number 1)

- Expectations for the PSI FaME learning journey – 4 pillars of practice
- Pre-course learning round up, refresh the key evidence for FaME
- Overview of PSI role and responsibilities
- Setting the scene, intro to some potential FaME participants

10:45 REFRESHMENT BREAK

11:00 SESSIONS 4A & 4B

A taste of best practice FaME

- FaME (all components, selected elements) teaching skills tutor led example
- Analysis of observed skills - relevance to assessment criteria

12:00 LUNCH

12:30 SESSIONS 5 - 7

PSI FaME Teaching Skills

- Warm up/range of motion training
- Group management skills – transitions
- Review of exercise science training principles applied to FaME, progression, intro to tailoring for movement impairment
- Behaviour change principles in practice – communication skills supporting self-efficacy and independent exercise

15:00 COMFORT BREAK

15:15 SESSIONS 8 - 9

PSI FaME Teaching Skills

- Dynamic balance and balance reactions
- Strength training (seated and standing)
- PSI reflective practice (4 pillars of practice)
- Preparation for day 2

17:00 Additional candidate support as required (optional)

DAY 2 PSI FaME Face to Face Training

09:00 SESSIONS 1 - 3

PSI Responsibilities – assessing suitability for FaME

- Promoting and recruiting for FaME
- FaME pre-exercise assessment, the Functional Grid PSI decision tool
- Supporting behaviour change and motivation
- Reflective practice

12:30 LUNCH

13:00 SESSIONS 4 - 5

PSI FaME Teaching Skills

- Dynamic endurance/aerobic capacity
- Maintain/re-gain skills to get down and up from floor
- Floor based strength/balance training, floor coping strategies
(Considerations for primary prevention and secondary prevention audiences)

15:30 SESSION 6

PSI FaME Planning – risk assessing for success

- Venue/FaME Risk Assessment, Emergency Action Procedures

16:00 SESSION 7

PSI FaME Teaching Skills

- Flexibility, Adapted Tai Chi FaME (cool down)

17:00 **Additional candidate support as required (optional)**

Mid-course learning preparation for day 3

Your tutor will guide requirements for mid-course tasks in preparation for face-to-face day 3

DAY 3 PSI FaME Face to Face Training

09:00 **SESSION 1**

Reflective Practice and Learning checks

- Learning review – submit reflective practice number 2
- Review risk assessment mid-course task

09:30 **SESSIONS 2 - 3**

PSI Responsibilities (Self-Referral/Referral) - assessment

- Referral, self-referral, scope of practice for PSIs
- Interpreting referral and participant information for considerations for exercise
- FaME pre-exercise assessment process and practice (physical function, readiness to change and motivation)

12:00 LUNCH

12:30 **SESSION 4**

PSI skills rehearsal and assessment preparation

- FaME session plan analysis, progressions, tailoring
- Room layout, arrival and pre-session checks - review
- PSI teaching skills (all selected elements of the day 4 assessment)
- PSI teaching skills flexibility cool down and adapted tai chi
- Reflective practice and action planning
- Assessment instructions review

17:00 **Additional candidate support as required (optional)**

Day 4 or 5 (Skills Assessment Day) PSI FaME Face to Face Training

Timings will vary depending on number of candidates. All candidates are required all day.
The day will run from 9am-5pm but timings will vary depending on the number of candidates

MORNING SESSION

FaME Pre-exercise Assessment

- Candidates assessment briefing
- All candidates assessed elements for pre-exercise assessment

LUNCH

AFTERNOON SESSION

PSI FaME Teaching Skills

- Assessment Briefing
- All candidates assessed elements for FaME teaching skills (selected elements)