

Virtually Delivered Adapted Tai Chi (FaME) for PSI's

Adapted Tai Chi forms part of the FaME programme, this online learning journey includes directed self-reflective tasks and practice to enhance delivery of this FaME element

Who is this course for?

This learning journey has been designed for exercise/health professionals who have completed LLTs 'Postural Stability Instructor Training, all content is in relation to delivery of the FaME programme (scope of practice for PSIs).

Members Discount:



By the end of this learning journey you will be able to:

- ✓ See how your performance of the three Adapted tai chi sequences from FaME have improved.
- ✓ Hear the evidence for tai chi and falls prevention.
- ✓ More effectively analyse your personal performance of the three adapted tai chi movements from FaME.
- ✓ Feel more confident to include this element into virtual delivery/face to face sessions.
- ✓ Identify the key safety points for teaching this element to older people at risk of fall.
- ✓ Feel confident to problem solve movement adaptations/tailoring requirements for a diverse audience.

Your online learner journey

- You will be enrolled onto your virtual course (for pre-reading/tasks) 2-weeks prior to the first live interactive session
- This learning event spans a duration of 2 weeks, 8 guided learning hours, self-directed tasks plus x3 virtual/online sessions with Jane Ward.
- Certificate of completion requires attendance to all sessions (they wont be available as recordings).
- Be prepared for pre-learning tasks and homework tasks throughout.

Your virtual interactive days

Your 3 virtual days with Jane will be hosted on the LLT interactive platform via Microsoft Teams we recommend using the most up to date version of Chrome or Microsoft Edge

For a list of up and coming dates, please visit our [course dates page](#).