

L2 Chair-based Exercise Instructor



Entry Requirements

Over 18. No pre-existing qualifications required but a basic understanding of the function of the body is encouraged.

Course Overview

This SkillsActive endorsed Chair-based Instructor exercise (CBE) qualification equips you with the skills and understanding to lead your own seated exercise classes. You will not only learn how to plan and deliver chair-based exercise for frailer older adults but your training will incorporate the key principles and values of the adult social care sector. You will learn everything you need to run inclusive exercise sessions which have a real impact on improving the quality of later life in older adults.

You will learn the significant physical, mental and social health benefits of chair-based exercise for older adults as well as how to effectively engage with your participants. You will be taught appropriate exercises to improve aerobic fitness, muscular strength, mobility and flexibility in frailer older adults and how to adapt exercises to meet the needs of individuals.

Course Content

- Introduction to the values and principles of adult social care
- Understand the value of chair-based exercise with frailer, older adults
- Plan and deliver chair-based exercise for frailer older adults

Recognised Qualification

- Amac Certificate in Chair-based Exercise Instructing
- Skills for Care recognised and SkillsActive Approved 6 REPs Points (Members of the Register of Exercise Professionals can use these points towards their annual CPD requirement).

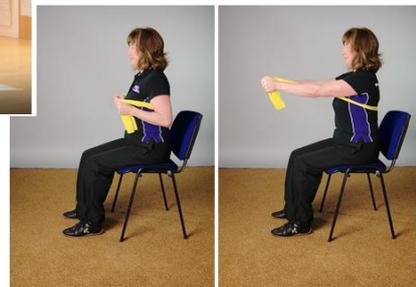
Accreditations



Format Options Online



You can complete your CBE Instructor qualification online through AllActive's interactive e-learning resources which have been specifically designed and endorsed by SkillsActive and Skills for Care. You will find explanations, photographs and videos detailing how each component of your chair-based exercise session should be carried out; how each seated exercise should be performed and how to link all this knowledge together. Here are some screenshots from the online course.



Face-to-face

You can choose to attend this course which requires one day attendance's when you will be given a comprehensive training manual. If you are interested in making a group booking we can provide this CBE qualification as an in-house course and create bespoke training to meet your needs.

Assessment

- An online quiz or attend workshop in-house/open course
- Downloadable online certificate or posted following attendance of a face-to-face course

Certification

Amac Certificate in Chair-based Exercise Instructing



What next?

- L2 Seated Recreational Physical Activity Instructor (VTCT Accreditation)
- L2 Understanding Behaviour Change
- L2 Encouraging Physical Activity