

L3 Older Adult Instructor (Active IQ)



Entry Requirements

Over 18

Level 2 Certificate in Fitness Instructing (QCF) (Gym, ETM or Aqua) or Level 3 Certificate in Personal Training (QCF) or Level 3 Diploma in Exercise Referral (QCF) or Level 3 Diploma in Teaching Yoga (QCF) or Level 3 Diploma in Instructing Pilates Matwork (QCF)

Course Overview

This course will enable you to recognise the skills, knowledge and competence required in order to work with Independently Active, Older People in an unsupervised manner. There will be particular focus on the considerations for safe and effective exercise and how to plan and adapt exercise for this demographic group.

Course Content

- recognise who 'independently active, older people' are in the population
- the ageing process and demographics
- the effects of ageing and inactivity on body systems, cognitive function/performance, psychological/emotional/social function and wellbeing
- the special considerations that must be taken into account when programming and delivering exercise for independently active, older people and the benefits of physical activity and exercise to them
- how to support and motivate the independently active, older adult in exercise and promote exercise for this section of the population

- the impact of ageing on the planning and delivery of safe exercise for independently active, older people
- the components of a pre-exercise consultation with independently active, older people
- how to plan and adapt exercise, and adapt session instruction, for independently active older people

Recognised Qualification

- QCF qualification awarded by Active IQ
- SkillsActive recognised

Accreditations



Active iQ



SkillsActive
More People, Better Skilled, Better Qualified

Format Options



15-25 hrs

Distance Learning

This is a distance learning course which you will be posted a hard copy manual to study from. You then be required to completed the assessment portfolio and submit via post. Students will have access to one-to-one course support from a Specialist Tutor. This will be via telephone, email or skype for help with learning and assessment.

In-house

This course requires two days attendance when you will be given a comprehensive training manual. If you are interested in making a group booking we can provide this qualification as an in-house course and create a bespoke delivery and assessment format to meet your needs.

Assessment

- Worksheets, assignment and case study

Certification

Active IQ Level 3 Award in Designing Exercise Programmes for Older Adults (QCF)

Active iQ

What next?

- L3 Personal Trainer
- L3 Ante Natal and Post Natal