



Seated Exercise & Activity Course Range



With over twenty years' experience in training professional exercise instructors, Amac are one of the UK's most reputable fitness education providers. We work closely with health and care professionals successfully delivering and developing our seated exercise range, and have done so for more than ten years now.

AllActive has been built on the principle that physical activity should be accessible to anyone, available anywhere and encouraged by everyone.

Our courses are very popular with health workers and care staff who are already positioned in their workplace to introduce seated exercise sessions to the people they care for.

Benefits of Seated Exercise Classes

You will gain the skills and confidence to lead exercise classes safely and effectively. For example, you could learn to lead chair-based exercise classes using resistance bands, or a seated games-based session using parachutes.

Even small amounts of physical activity has been shown to improve the quality of life for older adults and disabled adults.

For example:

- ✓ Enhanced mental and physical well-being
- ✓ Improved mobility
- ✓ Improved co-ordination
- ✓ Improved performance of activities of daily living
- ✓ Prevention or alleviation of functional limitations
- ✓ Increased independence
- ✓ Improved cognitive function
- ✓ Decreased social isolation

Each course has been endorsed by Active IQ, Skills for Care and CIMSPA*.



*Active IQ are a leading awarding organisation. CIMSPA are the UK's professional body for sports and physical activity. Skills for Care is the workforce development body for adult social care.



Chair-based Exercise Instructor Course

Chair-based exercise is aimed at developing health and fitness in frailer older adults and disabled adults. You will learn how to plan and deliver safe and effective classes using a range of evidence-based exercises.

Course overview:

- ✓ Values and principles
- ✓ Physical changes associated with ageing, disability and inactivity
- ✓ The health and functional benefits of chair-based exercise
- ✓ Meeting social, emotional and psychological needs through chair-based exercise, and engaging participants
- ✓ Physical activity guidelines, recommendations and considerations
- ✓ Managing risk
- ✓ Planning and delivering safe and inclusive chair-based exercise sessions
- ✓ Learn 33 chair-based exercises, including the use of resistance bands



6-10 hours



Online In-House Open Course

Add-on courses for Chair-based Exercise Instructors

These courses are extensions of the chair-based exercise course. You will learn about specific games-focused activities that you can then incorporate into your existing chair-based exercise class to add variety and enhance enjoyment even further.

There are four online courses available:

Parachute Games
for Chair-based
Exercise

Functional Games
for Chair-based
Exercise

Target Games
for Chair-based
Exercise

Throwing and
Catching Games
for Chair-based
Exercise



2-4 hours



Online

Seated Fitness, Function & Balance Instructor Course

This advanced course extends the Chair-based Exercise Instructor course and includes a more comprehensive range of seated exercises and use of equipment. Standing variations and neuromotor exercises are also included. A prerequisite for this course is chair-based exercise certification.

Course overview:

- ✓ Planning exercise programmes
- ✓ Pre-exercise health screening, risk stratification, contraindications, and referral
- ✓ Goal setting
- ✓ Training principles
- ✓ Chronic conditions and how they affect seated exercise
- ✓ Physical activity and exercise guidelines
- ✓ Designing the aerobic, strength, neuromotor (balance) and flexibility/ROM components of the programme
- ✓ Planning and preparing individual sessions from your programme
- ✓ Risk assessment and management
- ✓ Teaching and instructing skills
- ✓ Reflection, evaluation and action planning
- ✓ Reviewing your programme and participants' progress
- ✓ Posture and positions
- ✓ 227 exercises, each with numerous progressions, regressions, alternatives, and standing variations (with chair support)



16-20 hours



Online In-House



Seated Recreational Physical Activity Instructor Course

This course equips you with the skills and understanding to lead your own seated games-based classes. You will learn how to plan and deliver safe and effective sessions incorporating parachute, target, throwing and catching and, functional games.

Course overview:

- ✓ Values and principles
- ✓ Benefit of games-based seated fitness sessions
- ✓ Engaging individuals
- ✓ Physical changes associated with ageing, disability and inactivity
- ✓ Managing risk
- ✓ Planning and delivering safe and inclusive games-based seated fitness sessions
- ✓ 93 skills, drills and games, each with adaptations



6-10 hours



Online In-House

Seated Exercise & Activity Instructor Course Package

Train to run a variety of Chair-based Exercise Sessions with this package which includes:

Chair-based
Exercise
Instructor Course



Seated Fitness,
Function & Balance
Instructor Course



x4
Add-On
Courses



Hard-copy manuals included