



Beth Johnson
FOUNDATION
looking at ageing in new ways

Active in Age

Training the Trainer Course

The Beth Johnson Foundation, in partnership with Stafford Borough Council has developed an Open College Network accredited training programme for volunteers and staff to deliver exercise programmes to older people's groups in settings such as community centres and sheltered housing complexes.

To date 234 volunteer mentors have been trained to deliver the programme in settings throughout North Staffordshire.

Because of the interest shown both nationally and locally to run more 'Active in Age' programmes, a second course, Training the Trainer, has been developed to accredit other professionals as trainers to run courses directly for volunteers.

The Training the Trainer programme will cover all aspects of promoting physical activity for older people and will look at the requirements and skills needed become a trainer.

This course will be of particular benefit and is suited to anyone with a health promotion/physical activity background.

The Active in Age Training the Trainer Programme is made up of units, which accrue credits to achieve the Open College Network Certificate at level 3.

Summary of the syllabus/course outline:

- Training principles/ ideas of good practice
- Demonstration/participation of exercises
- The mentors role in a physical activity programme
- Communication and approach
- Types of teacher/presenter
- Understanding your learners
- Underpinning knowledge of exercise and physical activity benefits of exercise/activity – personal, social, and societal
- Anatomical/physiological changes of ageing
- Planning an exercise/activity session
- The exercise/activity environment
- Adaptations and alternatives
- Music and how to use it
- Social inclusion
- Ageism and language
- Retirement/quality of life
- Open College Network assessment

At the end of the course the learner will be able to:

- As a trainer, lead an accredited training programme for trainee mentors
- Demonstrate an understanding of the value of physical activity for the functional fitness of older people.
- Demonstrate the use of aids to enhance a physical activity session
- Communicate effectively with trainees
- Assess the learning outcomes of trainee mentors
- Work with the Open College Network
- Understand the changes that take place in our bodies as we age
- Understand the benefits of physical activity for older people
- Understand the role of a mentor in physical activity sessions
- Be aware of barriers to physical activity and ways of trying to challenge them
- Have an understanding of issues surrounding mixed ability groups

If you are interested and would like more information on this and other training opportunities please contact:

June Brammar, Project Co-ordinator email: junebrammar@bif.org.uk

Jo Swinswood, Project Administrator email: jo@bif.org.uk

Beth Johnson Foundation
Tel: 01782 844036