

Specialists in training people to deliver
therapeutic, seated physical activities to less able
and/or elderly persons



Introduction to Basic Seated Exercises in a Social Care Setting



Accredited by Open
College Network

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Skills Active



Endorsed by The College of Occupational Therapists



College of
Occupational
Therapists



A unique, L1 training course to support Continued Professional Development

Friday 19th February 2010

Portsmouth Technopole Innovation Centre,
Kingston Crescent, Portsmouth, Hants PO2 8FA
(FREE onsite car parking available)

Participants will:

- Learn (through experience with a Vitalyz instructor) a number of seated exercises suitable for most levels of abilities
- Enjoy lively discussion on the benefits of physical activities
- Explore a range of motivational techniques to encourage participation
- Gain an understanding of health & safety implications
- Receive a workbook with evaluation templates/reference sections
- Leave with a confident and positive attitude to this therapeutic activity!

After the training day, learners are required to complete a further 4hrs work study to involve preparing and conducting seated exercise sessions, as explained.

Vitalyz need to receive written evidence of the assessment, recording and evaluation, within an agreed timescale and this evidence is used to confirm and verify that learners have understood the training, before they receive their NOCN certificates.

Cost per learner - £180

FULL payment is required in advance as numbers are limited.

Liquid refreshments are provided, please bring your own lunch.

Registration 9am to begin promptly at 9.30am & finish approx 4.45pm.