



Seated Recreational Physical Activity Instructor

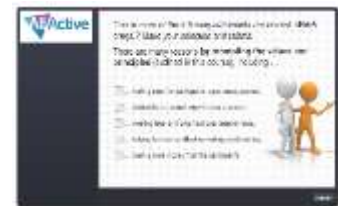
Course Guide

Online Endorsed Qualification

Seated Recreational Physical Activity Instructor

Entry Requirements

Over 18 and hold a QCF L2 Award in Delivering Chair-based Exercise or L3 Older Adult Instructor Qualification



Course Overview

This Seated Recreational Physical Activity Instructor course can be completed online in approximately 6-10 hours. With the e-learning Seated Recreational Physical Activity Instructor qualification you will find explanations, photographs and videos detailing how each component of the fun session should be carried out and how to link all this knowledge together. Alternatively, if you would prefer face-to-face training we can offer in-house training on request. Discounts are available for group bookings.

Course Content

- Introduction to the values and principles of adult social care
- Considerations for the safe delivery of seated recreational physical activities
- Plan and deliver seated recreational physical activities

Recognised Qualification

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

Assessment

- E-learning- interactive online learning resources
- An online quiz and practical evidence on video that is sent in for evaluation
- Downloadable certificate

Certification

Amac Certificate in Seated Recreational Physical Activity



01227 831 840

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