



RQF Seated Recreational Physical Activity Instructor

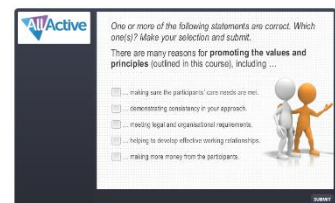
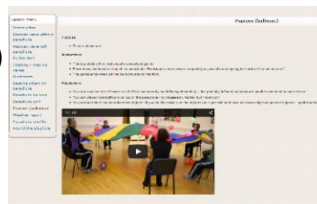
Course Guide

Cost

Online £390 + VAT or
Open course £390 + VAT or
3 days In-house £6420 + VAT (based on a group of 16 staff)

Entry Requirements

Over 18



Course Overview

This VTCT certified Seated Recreational Physical Activity Instructor qualification equips you with the skills and understanding to lead your own chair-based recreational activity classes. You will not only learn how to engage older adults through skills, drills and games but your training will incorporate the key principles and values of the adult social care sector. You will learn everything you need to run inclusive recreational physical activity sessions which have a real impact on improving the quality of later life in older adults.

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

- RQF qualification awarded by VTCT
- 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

- Online inactive quizzes and practical evidence on video that is sent in for evaluation
- Worksheets/portfolio

Certification

VTCT L2 Award in Delivering Seated Recreational Physical Activities



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