

Target Games for Chair-based Exercise

Course Guide



Recognised Certification

Our course will lead to an **Amac Certificate in Target Games for Chair-based Exercise Instructing**. It has been recognised by Skills for Care for those who work within the adult social care sector. Or, if you are a qualified fitness professional, it has been endorsed by PD Approval for the Register of Exercise Professionals (REPs). Members of REPs with Level 3 Older Adult may use these points towards their CPD requirement.



Entry Requirement

Over 18. Hold a level 2 Award in Delivering Chair-based Exercise or Amac Certificate in Chair-based Exercise Instructing or Equivalent* Chair-based Exercise Instructor Certificate.

*A copy of your certificate may be requested to verify the training and modules covered.

Course Overview

This course is an extension of what you have learned on the chair-based exercise course. In this course you will learn about the target skills, drills and games that you can incorporate in your chair-based exercise classes. You will find explanations, photographs and videos detailing how each activity should be carried out and the guidelines for doing so.

Course Content

- Planning activity sessions
- The instructing process
- Core safety principles
- Basic object handling skills – 17 activities
- Target skills, drills and games – 29 activities



2-3 hrs

Format and Assessment

This is an online course and following your studies, you will undertake an online quiz. Following successful completion of the quiz (re-attempts are allowed), you will be able to download your certificate.

What next?

We have a range of other online courses that you can progress onto following this course:

- Throwing and Catching Games for Chair-based Exercise
- Parachute Games for Chair-based Exercise