**Level 2 CBE course**

* This YMCA and CIMPSA endorsed Chair-based Exercise (CBE) instructor certification equips you with the skills and understanding to lead your own seated exercise classes. You will learn how to plan and deliver chair-based exercise for frailer older adults, incorporating the key principles and values of the adult social care sector. You will learn everything you need to run inclusive exercise sessions which have a real impact on improving the quality of life for older adults.
* You will learn the significant physical, mental and social health benefits of chair-based exercise, and how to effectively engage with your participants. You will be taught appropriate exercises to improve aerobic fitness, muscular strength, mobility and flexibility in frailer older adults, and how to adapt them to meet individual needs.

**Course Content**

* The impact of bodily changes associated with ageing, disability and inactivity
* The health and functional benefits of chair-based exercise for frailer older adults
* How chair-based exercise can help meet the social, emotional and psychological needs of frailer older adults
* Engaging frailer older adults to participate in chair-based exercise
* Special considerations when delivering chair-based exercise
* Current national physical activity guidelines/recommendations for older adults
* How to structure chair-based exercise sessions
* Health screening
* How to plan and prepare for chair-based exercise sessions
* How to manage risk in relation to teaching chair-based exercise sessions
* How to deliver safe and inclusive chair-based exercise sessions
* How to reflect on chair-based exercise sessions
* How to act in the event of adverse effects to a frailer older during chair-based exercise
* 22 chair-based exercises with adaptations and progressions

**Delivery Format**

* We offer 2 face to face study days, to include plenty of practical practice
* Home study is required to complete all worksheets. Resources will be sent via email / post 1 month before the first face to face day. All worksheets **MUST** be completed for the first face to face day or you will not be able to continue with the course.
* Videos to support practical practice away from the course will be available.

**Hard-copy Training Manual**

* There is a comprehensive hard-copy training manual available which covers all the content for this course and is a useful reference guide. This is included with all face-to-face training courses

**Learner Assessment Record (LAR)**

* All leaners will receive a LAR to complete as part of the assessment. This will need to be completed in full for the final assessment or you cannot complete the course.

**Assessment Day**

* To gain a certificate, you need to attend the training sessions in full, including all face to face days. Completing all work sheets and delivering a safe session in your assessment to the rest of the group.