

PSI TRAINING ELIGIBILITY GUIDANCE AND RECOMMENDATIONS

for Exercise Professionals, Leisure Managers, Dance teachers, Yoga instructors
and all other 'movement' disciplines, Health Care Professionals

**PLEASE READ ALL
BEFORE COMPLETING
AN APPLICATION FORM**

These guidelines have been written to support you in making a decision as to whether this training is suitable for you/your staff and to ensure that professional roles/scope of practice, skills, competencies and experience are matched to those required in supervising falls prevention exercise with this vulnerable client group. It is therefore vital that insurance provision is adequate for the intended implementation of the PSI training. This guidance is intended to ensure the highest possible entry standards, as well as to indicate the level at which the PSI training course is aimed. The course is designed for those with a prior history of learning at an advanced level (equivalent to undergraduate level). A high level of commitment is necessary to complete this training and its THREE assessed elements.

✔ **General requirements and recommendations for ALL potential candidates**

There are a vast array of training providers across a multitude of exercise and movement disciplines. The PSI training course content assumes candidates have attained prior knowledge in fundamental/ principles of structured exercise training and have experience in delivering exercise training to older people.

Assumed prior knowledge – for anyone enrolling onto PSI training

- Basic anatomy and physiology (know joint actions and muscle groups involved in movement)
- Understand fundamental functions of the body systems
- Understand principles of fitness and progression, principles of goal setting (and ideally had practical experience in their application*)
- Principles of behaviour change theory

* LLT have written a series of introductory presentations reviewing Physical Activity, Physical Fitness and Principles of Exercise Training they can be found [here](#).

GUIDANCE FOR DIFFERENT PROFESSIONS (WISHING TO UNDERTAKE THE PSI TRAINING)

EXERCISE AND FITNESS PROFESSIONALS/LEISURE MANAGERS OR COORDINATORS

Prior to November 2020 this training was endorsed by PD Approval and was a qualification recognised by REPs. Since REPs have now merged with CIMSPA the REPs level of training no longer exists and the educational status of the PSI training is described differently under CIMSPA standards. **The content and duration/guided learning hours of the PSI training is unchanged.** All exercise professionals are advised to consult with their insurance provider to ensure they have adequate insurance to implement this training. LLT are unable to advise about insurance issues.

Pre-requisites for exercise professionals:

- ✓ An endorsed fitness qualification e.g. either group exercise instructor, gym instructor, personal trainer (covering fundamental knowledge as listed in general requirements and recommendations above)
- ✓ NB: For exercise professionals working independently/not as part of an exercise service, an exercise referral qualification or equivalent is required (knowledge of common medical conditions as covered in the Exercise Referral course training)

In addition to the above pre-requisites – we highly recommend;

- ✓ Experience of delivery of exercise sessions for older populations within the previous 2 years
- ✓ Observation of a falls specialist programme within a hospital or primary care setting (frailer older adults/high risk) or to make contact with potential referring partners
- ✓ Observations of a community led follow-on PSI class in the community (less frail older adults/lower risk)
- ✓ Candidates hold a valid CPR qualification/relevant in-house training for their role and setting

For leisure managers/coordinators purely supporting team support of PSI delivery (not delivering exercise themselves), practical assessment may not be deemed necessary however we do highly recommend that leisure managers attend the course in order to fully understand and appreciate the implementation issues.

DANCE TEACHERS/YOGA INSTRUCTOR AND ALL OTHER 'MOVEMENT' DISCIPLINES

The evidence informing the PSI training course is based on a specifically structured exercise intervention, the FaME programme.

Many other forms of exercise/disciplines can contribute to *broader generic* strength and balance programmes for older people and it is for this reason that many professionals attend the PSI training. When instructors and leaders veer away from evidence based delivery and apply 'selected' principles and elements of the FaME programme, it is important that a) insurance providers are aware of how the PSI training is being implemented, b) that they are still within scope of practice of their profession and c) the programme is not stated/advertised as being an evidence based falls prevention programme.

Training courses for; Yoga, Dance, Tai Chi, Pilates are wide ranging. Training in these disciplines may be accredited and well recognised but LLT have no understanding of course content or scope of practice. It is the responsibility of individuals to recognise whether they have undertaken pre-requisite training, as detailed in the general guidance and recommendations.

The CSP and Graybrooks have advised physiotherapists with the PSI qualification implementing FaME:

- ✓ That their insurance covers activities undertaken as a physiotherapist
- ✓ That if the individual is operating as a private or limited company then separate insurance may be needed, this is because Graybrooks refer matters of scope to us (the CSP)

For Physiotherapists – we recommend;

- ✓ A relevant caseload e.g. specialists in elderly care, orthopaedics, etc.
- ✓ Experience of exercise prescription, delivery and/or supervision of structured exercise programmes, to groups of older people in their work setting

Feedback from this profession tells us that leading exercise to a group of people is a challenging element of this course.

For Occupational therapists – we recommend;

- ✓ A relevant caseload e.g. specialists in elderly care, orthopaedics, etc
- ✓ Working in a multidisciplinary team and with a senior physiotherapist on the exercise aspects of the management plan.
- ✓ Some experience of exercise/OTAGO delivery on a 1-2-1 basis.

Feedback from this profession tells us that leading exercise to a group of people is a challenging element of this course.

For Therapy / Rehabilitation / Health Care Assistants or Support Workers – we recommend;

For hosts putting forward staff members; a face to face discussion with potential candidates to ensure they are prepared for the intense learning approach and academic content of this course. The PSI training requires practical group tasks with practical teach skills learning approaches which may be new to many people working in the NHS setting

- ✓ A relevant caseload e.g. specialists in elderly care, orthopaedics, etc.
- ✓ Successful previous experience of advanced level learning (preferably in ageing or exercise).
- ✓ Supervision by a physiotherapist or within a multidisciplinary team for any exercise delivery
- ✓ Willingness to undertake an appropriate level access course if necessary.

Feedback from this profession tell us that leading exercise to a group of people is a challenging element of this course as well as the theory paper learning

For Nurses – we recommend;

- ✓ A relevant caseload e.g. specialists in elderly care, orthopaedics, etc.
- ✓ Successful previous experience of advanced level learning (preferably in ageing or exercise).
- ✓ Willingness to undertake an appropriate level access course if necessary.

Feedback from this profession tell us that leading exercise to a group of people is a challenging element of this course.

For Health Managers/coordinators – we recommend;

For health managers/coordinators purely supporting team support of PSI delivery (not delivering exercise themselves), practical assessment may not be deemed necessary however we do highly recommend that leisure managers attend the course in order to fully understand and appreciate the implementation issues and requirements of the PSI/FaME intervention.