

PSI CPD / Experiencing FaME

a learning by participation approach

Format:

A face to face day of interaction and participation in FaME tutor led examples. Plus a live presentation with Dawn Skelton in the week prior.

Face to face day timings:

9.30am - 4.30pm

Content:

- ✓ **Experience FaME circuit format examples.** Experience THREE LLT tutor led FaME examples - rolling programme strategies, group management, progression and tailoring
- ✓ **Interactive group discussions** after each FaME example session
- ✓ **Strategies to increase home exercise practice** without asking 'have you done your homework?'
- ✓ **QA checks to increase fidelity across teams and better results for participants** - identify the key 'what nots' what not to do and agree to improve practice
- ✓ **Headline hazards and risk reduction measures** critical for your venue/session risk assessments

Resources to take away:

- ✓ **3 FaME session plan designs**
- ✓ **Self-monitoring sheets to use in your classes**
- ✓ **Progression examples for all of the exercises showcased on the day**

PSI CPD Agreement to Participate

1. LLT tutors will not tailor exercise for your personal requirements or offer you training advice.
2. You are required to self-manage your exercise participation and monitor your intensity, effort and level of challenge. You will not be asked to role play.
 - Bring your own mat if you wish not to get to the floor without one
 - Bring your own preferred resistance band /collection of coloured bands
 - Bring your own lunch and refreshments

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20% OFF FOR **EDUCATION CONNECT** MEMBERS

TEAM DISCOUNT*

10% OFF FOR **3 OR MORE** TEAM MEMBERS (SINGLE INVOICE)

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