<u>laterLife</u> lraining®

Functional Fitness MOT at Home™

The **FF MOT at Home** is a new **enhanced online learning course** for Wellbeing and Active Ageing, health and fitness, sport and recreation and allied health care professionals to remotely support people aged 50 - 90 and communities in their own homes

The Functional Fitness MOT is included as one of the 20 new ideas from UK Universities that would change the world!

The Functional Fitness MOT at Home Course will enable you to:

- ✓ Understand the components of functional fitness and their importance for ageing populations
- ✓ Experience the assessment activities from the new Functional Fitness MOT at Home Tool.
- ✓ Practice remote communications, including motivation and messaging, tailored to individuals in your communities
- \checkmark Plan Functional Fitness MOT at Home assessments for your work settings.
- ✓ Maximise the evidence that underpins the use of the Functional Fitness MOT at Home.
- \checkmark Know how to access additional resources to support the programme

The online learner journey

>> WEEK 1	>> WEEK 2	>> WEEK 3	>> WEEK 4
Enrolment, engagement, familiarisation and pre- course reading	Part 1. Planning your FF MOT at Home Programme and assessments	Part 2. Practical implementation of the assessments	Part 3. Post-assessment, supporting people to change and applications to your role
This weeks group discussion: Face-to-Face Welcome Chat	By the end of the week Complete tasks & forum posts from Units 1, 2 and 4	By the end of the week Complete tasks & forum posts from Units 5, 6, 8 & 9	By the end of the week Complete tasks & forum posts from Unit 11
		This weeks group discussion:	

Functional fitness is important for the activities of daily living, mobility and independence in later life. Evidence is clear that it has been affected by the impact of Covid19 and activity restriction amongst ageing populations. This has led to increased deconditioning, loss of confidence and feelings of vulnerability.

Cost

£70 + VAT

includes course manual, two one-hour interactive LLT tutor led sessions, and download materials for local customised use





FOR FULL COURSE INFORMATION, INCLUDING COURSE DATES - PLEASE VISIT WWW.LATERLIFETRAINING.CO.UK