



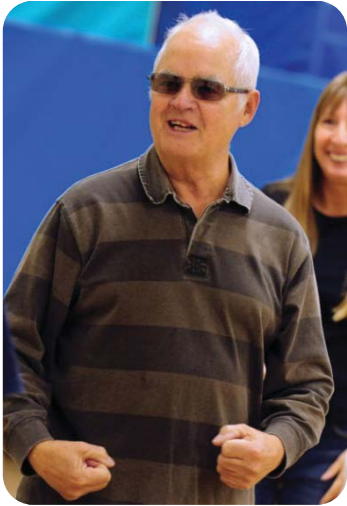
# Using the Functional Fitness MOT with older people

A one day practical seminar for physical activity, exercise  
and active ageing professionals

## Who is this course for?

This one day practical seminar is designed for anyone working with older adults to increase physical activity levels, strength, balance and co-ordination. This includes:

- physical activity practitioners
- active ageing development officers
- sports development professionals
- occupational therapists
- therapy assistants
- older people health care services
- exercise instructors
- physiotherapists.



## Aim of the course

This course aims to provide participants with an understanding of how the Functional Fitness MOT can be used by professionals in a variety of community and active ageing settings. It will also raise awareness of the importance of the components of fitness amongst older people and demonstrate how the Functional Fitness MOT can be used as a motivational tool to engage older people in programmes and activities.

## What is the Functional Fitness MOT?

The Functional Fitness MOT is a person-centred tool that uses a number of different physical function tests to give older adults an idea of how their fitness compares to their peers. The results of

these tests can be used to discuss the different components of fitness and highlight individuals' strengths and weaknesses.

The Functional Fitness MOT can be used as an educational tool in a variety of settings including leisure centres, shopping precincts, community centres as well as residential and care settings. It includes activities such as *chair sit and reach*, *30 second chair stand* and *eight feet up and go*.

## Resources

After the course, participants will be able to download:

- a presentation on the Functional Fitness MOT
- a hand out that can be personalised to include local opportunities and programmes
- a set of protocols that can be used for tests
- a set of circuit cards
- guidance on how to organise and advertise events
- an example of a poster to advertise events.

The Functional Fitness resources have been produced by Glasgow Caledonian University and Later Life Training and have been piloted at the 8<sup>th</sup> World Congress on Active Ageing and the Glasgow Science Festival.



## Course facilitators

### Professor Dawn Skelton

Professor of Ageing and Health, School of Health and Life Sciences, Institute of Allied Health Research, Glasgow Caledonian University



### Bob Laventure

BHF National Centre for Physical Activity and Health, Loughborough University



## Course dates

- Monday 10 June - London, Woburn House Conference Centre
- Tuesday 18 June - Glasgow, Glasgow Caledonian University
- Monday 24 June - Nottingham, Victoria Leisure Centre
- Monday 1 July - Manchester, Sale RFU

## Prices

Statutory sector total cost £65

Voluntary sector total cost £55

These prices include all resources for the day as well as refreshments. To minimise costs participants will be asked to make their own arrangements for lunch.

## Course programme

9.00 Arrivals

9.30 Session 1 - Introduction to the Functional Fitness MOT

- Raising awareness of functional fitness - an opportunity
- The UK CMO guidelines for older people and functional fitness

10.45 Refreshments

11.00 Session 2 - Implementing the Functional Fitness MOT

- Practical workshop on implementation
- Participant Q and A

1.00 Lunch (not provided)

1.45 Session 3 - Guiding the participant towards action

- Interpreting and communicating the Functional Fitness MOT results
- Having a conversation about becoming active.

2.30 Break

2.45 Session 4 - Next steps

- Signposting and supporting resources
- Running a Functional Fitness MOT event

3.30 Close of course



## BOOKING FORM: Functional Fitness MOT

Please print clearly. You may photocopy this form for other participants.

Name	<input type="text"/>	Job title	<input type="text"/>
Organisation	<input type="text"/>		
Address	<input type="text"/>		
Tel. No.	<input type="text"/>	Email	<input type="text"/>

Please specify date

10 June London	<input type="checkbox"/>	18 June Glasgow	<input type="checkbox"/>	24 June Nottingham	<input type="checkbox"/>	1 July Sale RFU	<input type="checkbox"/>
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Please indicate below if you have any specific needs, eg, wheelchair access, dietary requirements.

Statutory Sector = £65

\* Voluntary Sector = £55

\* Voluntary sector fee applies to charitable organisations/social enterprises/students - please supply the following:

Charity No.:

Student NUS No.:

### PAYMENT METHOD: (please tick appropriate)

- Cheque:** I enclose a cheque made payable to 'Loughborough University'
- Invoice:** I wish the BHFNC to invoice my organisation using the following purchase order number:
- BACS:** I enclose BACS remittance advice quoting ref. **S10571** confirming payment.  
Barclays, Bishop Meadow Branch, Loughborough  
Sort Code: 20-52-69 Account: 50682047
- Credit card\*:** Please debit my Visa/MasterCard/Switch (sorry we are unable to accept American Express or Diners cards)  
\*A 1.2% charge will be made on all credit card payments.

Cardholder's name:	<input type="text"/>		
Card No.	<input type="text"/>	<input type="text"/>	<input type="text"/>
Valid from:	<input type="text"/>	Expiry date:	<input type="text"/>
Issue no. (Switch only)	<input type="text"/>	Card security code:	<input type="text"/> (This is the last three digits of the number printed on the back of your card)
Signature:	<input type="text"/>		
Card billing address	<input type="text"/>		

### Please return booking form by post, fax or email to:

Anjna Nagar, BHF National Centre,  
Sir John Beckwith Building, Loughborough University,  
Leicestershire LE11 3TU  
Tel: 01509 226417 Fax: 01509 226420  
a.nagar2@lboro.ac.uk

### Cancellation Policy:

- Cancellations received four weeks before the contact session are subject to a cancellation fee of 100% of the course fees.
- If a participant fails to attend the course, the full course fees are payable.
- In exceptional circumstances participants may be able to transfer places to a later course but this will be subject to £50 administration fee.

**Data Protection:** Your data will be used to administer the course to which you have subscribed. We will also keep you updated, by post or email, on the latest developments in physical activity and health for older people and the work of the BHFNC. If you do not wish to receive these updates please tick here:

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