



Course Agenda (Foundation) Day 1

Time	Topic	Delivery
09am - 9.15	Welcome, course outline, Objectives & commitment to learning	Lecture
09.15 - 9.30	COTA and the history of Strength For Life	Lecture
09.30 - 9.45	The Power of Language and Scope of practice	Lecture
09.45 - 10.30	Chronic conditions Introduction - Pop Quiz	Interactive
10.30 - 10.45	Break	
10.45 - 11.45	Chronic conditions continued	Interactive learning
11.45 - 12.30	Musculoskeletal conditions	Lecture
12.30 - 1.15	Lunch	
1.15 - 2.15	Postural and fitness assessments	Practical
2.15 - 2.30	Working with clients with a disability	Lecture
2.30 - 2.45	Break	
2.45 - 3.45	Case studies	Practical Group work
3.45 - 4.00	Homework	Lecture/ discussion



Course Agenda Day 2

Time	Topic	Delivery
09am – 9.15	Welcome, course outline and objectives	Lecture
09.15 – 9.30	What is Strength For Life?	Lecture
09.30 – 10.00	Warm Up Ideas	Practical
10.00-11.00	Programming Strength training for Seniors	Practical Assessment
11.00 – 11.15	Break	
11.15-12.30	Programming Strength training for Seniors	Practical Assessment
12.30 – 12.50	Group Management techniques	Discussion
12.50 – 1.35	Lunch	
1.45 – 2.30	Reviewing SFL paperwork and referral pathways	Lecture
2.30 – 3.00	Progression protocols	Practical
3.00 – 3.15	Break	
3.15 – 3.45	Assessment discussion	Discussion
3.45 – 4.15	Exact Next Steps	Lecture