

# Virtually Delivered Study Day

## Exercise and Osteoporosis for Older People

Designed for fitness professionals to consider exercise programming for clients 65+

### Who is this course for?

This course is appropriate for health and fitness professionals wanting to understand guidelines for exercise and osteoporosis.

### Members Discount



Connect  
Members pay:

£72  
+VAT

### Desirable Pre-requisites

Ideally you are a L3 Personal Trainer with a L3 Exercise Referral qualification.

### By the end of this learning journey you will be able to:

- ✓ Evaluate your practice with respect to bone health and participants in your sessions
- ✓ Identify the benefits, types and prescriptions of exercise for maintaining or improving bone health
- ✓ Identify any safety issues for those with osteoporosis and/or spinal fractures
- ✓ Confidently describe your scope of practice in relation to this topic
- ✓ Review the role of physical activity & exercise to help with the pain and symptoms of vertebral fracture
- ✓ Review key research around sedentary behaviour and strategies to encourage people with osteoporosis to move more

### Your learner journey

- You will be enrolled onto your virtual course (for pre-reading/tasks) 2-weeks prior to the live interactive session.
- There are 2 options for this CPD; Choose from **either**; 1 full virtual day (9am-3pm) or 2 virtual sessions (9am-12pm) - *see next available dates and options on our website.*
- This learning event spans a duration of 2 weeks, 2-3 hours self-directed pre-course reading plus an online/virtual session.
- Certificate of completion requires attendance at the online session (content not available as a recording)

### Your virtual interactive days

Your virtual day will be hosted on the LLT interactive platform BBB (Big Blue Button) [we strongly advise you test your browser compatibility prior to booking](#)

For a list of up and coming dates, please visit our [course dates page](#)

To test if your browser is compatible with the Big Blue Button, please visit the [test link](#) prior to booking