



EDUCATION CONNECT

Programme Of Learning

2024

CONTENT ONLY AVAILABLE TO LLT EDUCATION CONNECT MEMBERS

FEB

“What’s new in falls exercise research?”

MAR

“LLT’s 7 Go-to principles to support behaviour change”

APR

“Nutrition to support exercise for Sarcopenia”

MAY

“‘I can do that, can’t I?’ Building self-efficacy”

JUN

“Otago and FaME – suitability for successful participation“

JUL

“FaME and Otago – it’s all about the base (foot placement focus, vital learning to impart)”

AUG

“FaME warm up and flexibility cool down, essential preparation and clues for getting down and up from the floor”

SEP

“Getting the Exercise Prescription Right for Sarcopenia”

OCT

“FaME and Otago layouts and formats – best supporting tailoring and group management”

NOV

“FaME dynamic endurance – is your huff and puff hindered by balance challenges, coordination, cranky knees, and other things?!”



Our Education Connect Programme of Learning has been endorsed with 3 CIMSPA points. You must attend (live or watch on demand) all 10 sessions and answer all Multiple Choice Questions on the sessions to receive your certificate.