

WORKSHOP 1 (3 PARALLEL SESSIONS) – Saturday 7th September 2013 - 1445-1615pm

| Workshop | Theme | Room & Presenters |
|---------------------------|---|---|
| 1B | Exercise and Dementia: Skills and techniques for delivery of exercise to people living with dementia | Executive Suite 1 Edye Hoffmann |
| 1D | Nordic Walking for the older adult: You may be surprised at just how versatile Nordic walking can be for so many people; it's a highly effective tool for improving your clients' fitness, balance, strength, and general physical and psychological wellbeing. In this very practical session, we will use strap-less Exerstrider poles which are easy to use for older adults and offer a simple learning process. (Suitable shoes and clothing for walking outdoors please) | Bow Room Martin Christie & Trish Cowie |
| 1E *repeated in 3E | Exercises for the feet: falls prevention Recent research in the world of podiatry has shown that foot and ankle exercises reduce falls. Dawn will show you the exercises and talk feet and footwear. Be warned, you will have to take off your shoes and socks! | Lister Room Professor Dawn Skelton |

WORKSHOP 2 (3 PARALLEL SESSIONS) – Saturday 7th September 2013 – 1645-1815pm

| Workshop | Theme | Room & Presenters |
|----------|--|---|
| 2A | CBE functional model overview: Suitable for L2 CBE/OEP leaders this session overviews a Functional Model (focussing on function rather than disease) approach to working with older adults and disabled adults. It considers some of the factors that may cause impairment and how to recognise functional movement problems commonly encountered in your sessions. | Bow Room Bex Townley |
| 2B | Tai Chi for Balance and Strength: This workshop will be an opportunity to revisit and practise the original Tai Chi movements included in the PSI course, learn variations and progressions for these movements and new movements. The workshop will also review the research evidence relating to the role of Tai Chi in the prevention of falls. | Executive Suite 1 Jane Ward |
| 2C | Parkinson's and Exercise: This will be a mix of presentation, practical and discussion. A brief update of the evidence for exercise for people with Parkinson's and considerations for exercise prescription. | Lister Room Dr Vicki Goodwin |

WORKSHOP 3 (3 PARALLEL SESSIONS) – Sunday 8th September 2013 – 1030-1200pm

| Workshop | Theme | Room & Presenters |
|-----------------------|---|---|
| 3A | Otago into practice: Incorporating evidence based exercise into older adult sessions | Bow Room Kelsey Sprintall |
| 3C | Dizziness in older adults: Content will focus on dizziness as a result of vestibular impairment, and simple exercises that can help | Executive Suite 1 Vicky Johnson |
| 3E *Repeated in 1E | Exercises for the feet: falls prevention Recent research in the world of podiatry has shown that foot and ankle exercises reduce falls. Dawn will show you the exercises and talk feet and footwear. Be warned, you will have to take off your shoes and socks! | Lister Room Professor Dawn Skelton |

WORKSHOP 4 (3 PARALLEL SESSIONS) – Sunday 8th September 2013 – 1345-1515pm

| Workshop | Theme | Workshop Room & Presenters |
|----------|---|--|
| 4B | Motivation and sustained long term participation: Review the evidence base relating to the adoption and maintenance of physical activity participation by older people Identify key opportunities for motivation related interventions by instructors and teachers. Discuss and share practical strategies to maintain physical activity and exercise participation over time. Know where to access further information | Bow Room Bob Laventure & Trish Tenn |
| 4C | Exercise and Fitness after Stroke the first and currently only L4 evidenced based exercise and fitness after stroke qualification (accredited by Queen Margaret University and endorsed by Skills Active): Overview of the L4 training course; impact of stroke, considerations for exercise and introduction to tailoring the evidenced based STARTER exercises for stroke impairments | Executive Suite 1 Bex Townley |
| 4E | Spinal alignment and corrective exercise: The importance of posture in the frailer older adult | Lister Room Sheila Done |

WONDERWALL is in the The Stothert Room

This competition highlights participant feedback on an individual's delivery of exercise sessions, the positive outcomes they had had from being part of this instructors sessions and provided an inspirational collection of the wide array of positive effects of being part of evidence based exercise delivery. **Prize will be awarded Sunday afternoon.**