

# New Training Courses

## Motivate Me !

### A ONE DAY TRAINING COURSE FOR HEALTH AND EXERCISE PROFESSIONALS IN THE EVIDENCE BASED MOTIVATION FOR EXERCISE FOR FRAILER, OLDER PEOPLE

This course is designed to provide physical activity and exercise leaders, teachers and instructors, and health & care professionals with both theoretical perspectives and practical applications on motivating older people to start and maintain regular physical activity. This training has been endorsed by REPS and Skills Active and receives 7 CPD points.

#### Open courses 2009

Date	Location	Venue
London	Southbank University	Friday 06 March 2009
Loughborough	Loughborough University	Tuesday 10 March 2009
Cardiff	Age Concern Cardiff	Tuesday 17 March 2009
Perth	Perth (venue to be advised)	Tuesday 28 April 2009
Huddersfield	Galpharm Stadium, Huddersfield	Wednesday 6 <sup>th</sup> May 2009
Devon	Torbay (venue to be advised)	Thursday 22 October 2009

#### Hosted Courses 2009

Individual courses can be hosted by local agencies (e.g. PCTs, Local Authorities) and tailored to individual and organisational needs and priorities.

For further details of open and hosted courses, sample programme, application forms and costs contact:

**LATER LIFE TRAINING  
MOUNTGREENAN  
BY CRIANLARICH  
PERTSHIRE FK20 8RU  
Tel: 01838 300 310**

e-mail: [info@laterlifetraining.co.uk](mailto:info@laterlifetraining.co.uk) Website: <http://www.laterlifetraining.co.uk>

## Outline of course content

### **Session 1.**

#### ***Motivating older people and helping them to become active - What do I need to know?***

- Participants experience of motivational issues, the decision making balance sheet
- Motivation, intrinsic, extrinsic and programme barriers, self efficacy and self-esteem.

### **Session 2.**

#### ***Understanding motivation, understanding older people and understanding physical activity;***

- Overview of behaviour change and the barriers older people face.
- Life time model of physical activity.

### **Session 3.**

#### ***Recognising individual differences, needs, barriers and motivation;***

- Evidence relating to individual needs and differences.
- Generational and life-stage, contextual differences, settings and motives.

### **Session 4.**

#### ***Practical opportunities and strategies for the instructor/leader to intervene;***

- Listening and talking, negotiating barriers and providing opportunities.
- The assessment and induction process.
- Goal setting and motivation, incentives and rewards.
- Lapse, relapse and support strategies.

### **Session 5**

#### ***Participant review and planning.***

*Developed in partnership with the British Heart Foundation National Centre for Physical Activity and Health at Loughborough University and Age Concern England – Ageing Well.*

**laterLife  
training.**

