

Living Longer Living Stronger™

Two-day Instructor Training Course



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22nd and 23rd February 2020

***Fitness Australia awards 10 CECs for successful completion of this training.***

***You must be a registered Personal Trainer in order to attain Fitness Australia CECs.***

Join the LLLS™ team

Do you enjoy working with clients to improve their general health and wellbeing?

Do you have a keen interest in working with seniors?

**Have you completed a minimum of a Certificate IV Fitness?**

**Why not enroll in the next training course for Living Longer Living Stronger?**

The LLLS™ Program

Living Longer Living Stronger™ is an evidence based program that encourages and supports change in the health and fitness sectors to achieve improved health, quality of life and fitness of people aged 50 years and over. The program seeks to maximise opportunities for people to engage in affordable, high-quality, results oriented strength training programs over the longer term.

Endorsed LLLS™ centres only use instructors who have successfully completed this course, and it is industry best training for implementing progressive strength training programs for older people.

This training course introduces the trainer to the principles and research on which the LLLS™ program was founded and expands the participant’s knowledge of seniors training and training for specific medical conditions.

Topics covered during training include:

* LLLS™ structure and procedures.
* Physiological changes with ageing.
* Understanding the client.
* Client assessment protocol.
* Balance assessment and re-education.
* Training clients with a disability.
* Musculoskeletal screening for lower backs, pelvic floor, shoulders and knees.
* Diabetes.
* Cardiovascular Disease.
* Recommended exercises, programs, cards and exercise sheets.

**WHEN**

12 midday to 5:00pm, **Saturday 22nd February 2020** and

9:00am to 5pm, **Sunday 23rd February 2020.**

**WHERE**

**Exercise for Life, Shop 6/72 Walter Road, Bedford WA**

**COST**

$250 Endorsed Metropolitan Provider Trainer and Students (Copy of Current Student ID Required with Registration form)

$200 Endorsed Regional Provider Trainer

$350 All others

**REGISTRATIONS**

The training course is limited to 17 places. To register for this course complete the registration form on the reverse side and return it with your payment to COTA WA by close of business **Friday 14th February 2020** (unless booked out prior)**.**

**POST**

COTA (WA) PO Box 923 VICTORIA PARK WA 6979

**SCAN/EMAIL TO KAIRI:**

[kairi@cotawa.org.au](mailto:kairi@cotawa.org.au)

**ANY MORE QUESTIONS?**

If you have any questions or would like any further information please contact the LLLS™ Team at COTA (WA) on (08) 9472 0104 or by email [kairi@cotawa.org.au](mailto:kairi@cotawa.org.au)



**Saturday 22nd and Sunday 23rd February 2020 at Exercise for Life, Bedford WA**

Participant Details

|  |  |
| --- | --- |
| Name |  |
| Organisation / LLLS™ Provider  (if applicable) |  |
| Address |  |
| Your Phone Number |  |
| Your Email |  |
| Qualifications  (Please provide full details of qualifications and dates) |  |

**LLLS™ In-Service Fee (Please select appropriate category)**

Endorsed Metropolitan Provider Trainer and Students $250 (Includes GST and manual) Current Student ID required.

Endorsed Regional Provider Trainer $200 (Includes GST and manual).

All others $350 (Includes GST and manual).

**Payment Details (Please select appropriate category)**

Cash (only accepted in person at the COTA WA Office prior to course).

Cheque (Please make payable to Council on the Ageing (WA) Inc.).

Credit Card

Mastercard  Visa Card number- \_ \_ \_ \_ - \_ \_ \_ \_ - \_ \_ \_ \_ - \_ \_ \_ \_

Expiry Date \_ \_ /\_ \_

Card holders name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Card holders signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Cancellation Policy:**

Cancellations will incur a 50% administration fee if cancelled less than 7 days prior to commencement of the course. You may transfer your course registration to a later date (subject to availability) a minimum of 7 days prior to the commencement of the course you are registered for.



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**COTA (WA)**

PO Box 923

Victoria Park, WA 6979

P: (08) 9472 0104

E: [kairi@cotawa.org.au](mailto:kairi@cotawa.org.au)

[www.lllswa.org.au](http://www.lllswa.org.au)

Strength Training

for the Over 50s

Two-Day Instructor Training Registration Form



A safe, quality, evidence-based strength training program for the over 50s endorsed by COTA (WA)