

Living Longer Living Stronger™

Instructor Training

Join the LLLS™ Team!

Are you looking for a Fitness Australia and AAESS registered training course which gives you 11 CEC Points?

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

Do you have a keen interest in working with Seniors'?

Have you completed a minimum of a Certificate III Fitness?

Why not enroll in the next training course and become a qualified Living Longer Living Stronger™ trainer???

The LLLS™ Program

Living Longer Living Stronger™ is an evidenced 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 maximize opportunities for people to engage in affordable, high quality, results oriented strength training programs over the longer term.

All trainers must be qualified to conduct LLLS™ programs within endorsed Health and Fitness Centres. Completion of this course will give trainers a 2 year accreditation and FREE membership to the LLLS Instructors Club.

This training course introduces the trainer to the principles and research on which the LLLS™ program was founded and expands the participants knowledge of Seniors' training and training for specific medical conditions.

Topics covered during training include;

- LLLS™ structure, policies and procedures
- Physiological changes with ageing
- Understanding the client
- Client assessment protocol
- Balance assessment and re-education
- Stay on Your Feet WA® Program
- Training clients with a disability
- Musculo-skeletal screening for lower backs, pelvic floor, shoulders and knees
- Diabetes
- Cardiovascular Disease
- Recommended exercises, programs cards and exercise sheets.



The next Living Longer Living Stronger™ Instructor Training Course-

WHEN

12 midday to 5pm, **Saturday 23rd October 2010** and
9am to 4pm, **Sunday 24th October 2010**.

WHERE

Aqua Jetty, 87 Warnbro Sound Avenue, Warnbro

COST

\$200- Endorsed Metropolitan Provider Trainer and Students (Current Student ID Required)
\$150- Endorsed Regional Provider Trainer
\$300- All others

REGISTRATIONS

The training course is limited to 20 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 15th October 2010** (unless booked out prior).

Post

COTA WA, PO Box 866, WEST PERTH 6872

Fax

(08) 9321 2707

Email

lls@cotawa.asn.au

ANY MORE QUESTIONS?

If you have any questions or would like any further information please contact the Active Ageing Manager, Nathan Trengove on (08) 9321 2133 or by email lls@cotawa.asn.au.

Instructor Training Registration Form

Saturday 23rd and Sunday 24th October 2010 at Aqua Jetty, Warnbro

Participant Details

Name	
Organisation / LLLS Provider	
Address	
Phone Number	
Email	
Qualifications	

LLLS In-Service Fee (Please select appropriate category)

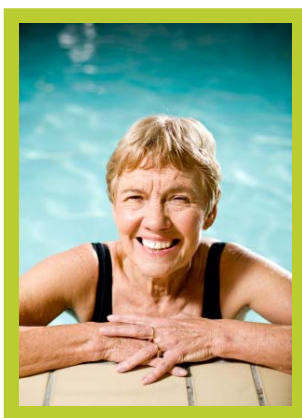
- Endorsed Metropolitan Provider Trainer & Students - \$200 (Includes GST and manual)- Current 2010 Student ID required
- Endorsed Regional Provider Trainer - \$150 (Includes GST and manual)
- All others- \$300 (Includes GST and manual)

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.



STRENGTH TRAINING FOR THE OVER 50'S



Living Longer Living Stronger™
Council on the Ageing WA Inc.

PO Box 866
West Perth, WA 6872
P: (08) 9321 2133
F: (08) 9321 2707
E: lls@cotawa.asn.au
www.llswa.asn.au

A safe, quality, evidence-based strength training program for the over 50's endorsed by the Council on the Ageing WA (COTAWA).