

CHAIR BASED EXERCISES

Course Number

S1

Validity

3 Years

Duration

3 Hours

Assessment

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This Chair-Based Activities course introduces delegates to the benefits of gentle, seated exercise and the practical considerations needed to support physical activity in care or community settings. The course covers warm-up and main exercises, safety precautions, how to adapt movements for individuals with limited mobility, and creative ways to encourage participation. It is ideal for carers, support staff, activity coordinators, and anyone working with older adults or people with physical limitations.

Suitable for:

Care



Introduction

- Introduction and course overview

Course Programme

- Benefits of activity for older adults and those with limited mobility
- Safety checks, contraindications, and environment preparation
- Leading a group: key qualities and communication tips
- Demonstration of warm-up and chair-based exercises
- Use of props: balloons, beanbags, swatters, and games
- Monitoring progress and encouraging engagement
- Summary, questions, and course evaluation

"Seated exercise is incredibly beneficial and versatile and helps.. to improve.. strength, mobility, fitness and confidence regardless of age or fitness level." EMD UK