

FABS FAQs

What is the FABS Training Programme?

The FABS training programme combines all of the essential components for health and wellbeing as per NICE guidelines for older adults i.e. Flexibility, Aerobic, Balance and Strength (FABS).

We train instructors to deliver these evidence-based exercises enabling them to teach and adapt seated and standing exercise to the over 60s.

FABS training is more than just learning how to deliver an exercise session; it trains instructors to motivate and educate their clients in an atmosphere of fun and inclusivity.

This training has been developed and is delivered by Move it or Lose it, collaborating partners and with the Centre for Healthy Ageing Research at University of Birmingham.

Who is this training for?

This training is for people who want to help older people to live longer better and believe in the importance of keeping physically active for good health and wellbeing. It is ideal for fitness professionals who want to specialise in teaching this demographic; for people who work in care or health settings and for those with no formal qualifications who have a desire to work with older adults.

What will it allow me to do?

For those who are already teaching exercise in some capacity, it is continuing professional development (CPD). For those who are new to teaching exercise it is a complete training programme to give you the knowledge and practical experience to lead fun, safe and effective classes for the over 60s.

You can teach in community or care settings or one-to-one.

What does it involve?

All the theory units for the programme are completed through our online training platform which can be done at your convenience. You will also receive all the video tutorials to ensure you are familiar with the exercises before attending the two day practical training before receiving certification.

There are no formal written exams, however you will be assessed throughout the training to ensure competency in your knowledge and practical delivery. You will be asked to submit a session plan and venue assessment in advance of the practical days.

The nationally endorsed FABS Training Programme has the following learning outcomes to help you:

- To understand the major changes associated with ageing and inactivity
- To understand how to support and motivate the older adult to adhere to physical activity
- To understand guidelines and training principles in relation to the older adult
- To be able to plan, deliver and evaluate exercise sessions for older adults including progressive training
- To deliver safe, effective and enjoyable exercise sessions for older adults

How long will it take?

There are approximately 32 hours of guided learning for the Full FABS programme (for those with no previous experience) or 20 guided learning hours for the Fast Track programme (for those with a recognised fitness qualification at level 2 or above), followed by two days face-to-face or online practical training.

How much does it cost?

It depends if you are doing the Fast Track or Full Training Programme and whether you choose to do your training through Zoom or face-to-face practical days.

For the Full FABS Training Programme please see

<https://www.moveitorloseit.co.uk/product/fabs-training-programme/>

And for the Fast Track FABS Training Programme please see

<https://www.moveitorloseit.co.uk/product/fabs-fast-track-training-for-existing-fitness-dance-professionals/>

Are there any pre-requisites?

If you are doing the Fast Track FABS Training Programme you will be asked to upload a certificate to show you have a recognised qualification of Level 2 or above.

If you are doing the Full FABS Training Programme, then there are no pre-requisites. We will give you all the training you require and if you join our team* we will continue to offer further training, tutorials, CPD and support.

You will of course need Internet access for all the online learning resources. You need to be over 18 (we welcome mature applicants) and be fit enough to deliver the low intensity exercise routines safely and effectively.

What about insurance?

We offer bespoke insurance for an annual premium of £48 (for members of our instructor network*) or £96. If you already have insurance cover then contact your provider or you are free to obtain your own insurance cover.

***Do I have to join The Exercise Network?**

No, you can complete the training for your own professional development, but you will not be able to use the Move it or Lose it or FABS brands which are trademarked and protected.

You don't have to decide whether to join until after you complete your training. *The Exercise Network is our team of highly regarded instructors who are licensed under the Move it or Lose it brand. Find out more about the benefits of joining here

<https://www.moveitorloseit.co.uk/join-ten-network/>

Can I get CPD points?

If you are a fitness professional and a member of CIMSPA you will receive 10 CPD points.