

Strength for Life

Live longer, live stronger

Become a Strength for Life instructor

Do you enjoy working with clients to improve their general health and wellbeing, have a keen interest in working with older people and have completed a minimum of a Certificate III Fitness?

Start your journey as a qualified Strength for Life instructor by enrolling in the next training course.

Strength for Life 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 older adults.

The program seeks to maximise opportunities for people to engage in affordable, high-quality, results oriented strength training programs over the longer term.

Endorsed Strength for Life 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.

Instructor training

This training course introduces the trainer to the principles and research on which the Strength for Life program was founded and expands the participant's knowledge of training for older people and training for specific medical conditions.

The two-day course covers:

Strength for Life protocol, health appraisal and assessments

Managing the complexities of chronic conditions and physiological changes as we age

Core stability and back care

Risk assessment (clients and the physical space)

Fitness testing (physical markers as required for evaluation)

Postural assessment and strength training applications, including strength training variables, benefits and equipment for older adults

Practical program application, including warm ideas, balance, practical strength and power ideas

Promotion and marketing of Strength for Life

Course details

9:00am - 4:30pm

Friday 3rd April and Saturday 4th April 2020

Uralla Community Centre, 9 Hill Street, Uralla

\$350 for Accredited Providers

\$450 for non-providers (Manuals included)

Snacks provided as part of the fee, but please bring your lunch
Please advise of any allergies.

Registration form / Tax invoice

Your details

Name _____

Address _____

Postcode _____

Phone number _____

Email _____

Organisation _____

Organisation Address _____

Postcode _____

Primary qualification _____

Professional registration _____

Aboriginal or Torres Strait Islander person _____

Country of birth _____

Language spoken at home _____

Payment Details (Please select appropriate category)

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

Direct Deposit

BANK DETAILS

Account name: Council on the Ageing (NSW) Inc _____

BSB: 633 000 _____

Account No: 163 888 449 _____

Please include 'SFL Training' and your name as a reference

AMOUNT (includes GST):

\$350 – Instructors from Accredited Providers

\$450 – Instructors from non-Providers

Please send to

Kamilla Haufort
Strength for Life NSW Coordinator

PO Box Q349, Queen Victoria
Building, Sydney NSW 1230

Kamilla.Haufort@cotansw.com.au

Cancellation policy

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

More information

If you have any questions or would like any further information, please contact the Strength for Life NSW Coordinator, Kamilla Haufort, on 02 8268 9602, 0437 822 624 or Kamilla.Haufort@cotansw.com.au.

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