

NEW DISTANCE LEARNING COURSE

PHYSICAL ACTIVITY FOR CHILDREN & YOUNG PEOPLE WITH LONG-TERM MEDICAL CONDITIONS



This innovative course has been developed for P.E teachers & other activity leaders wishing to improve their knowledge of common medical conditions that may cause concern during PE lessons, physical activity sessions & recess

The course will provide participants with:

- ... information about diabetes, asthma, obesity and congenital heart disease;
- ... the knowledge and skills to plan and adapt P.E. lessons & physical activity sessions for young people with these medical conditions;
- ... a comprehensive resource pack which includes practical physical activity ideas & parental advice sheets.

Rationale for the Course...

According to the DfES guidance on 'Managing Medicines in Schools and Early Years Settings' asthma and diabetes are detailed as two of the long-term medical conditions that commonly cause concern in schools. The rising problem of childhood obesity is also presenting challenges for teachers and play workers responsible for leading physical activity sessions.

In addition, during recent consultation interviews conducted by the British Heart Foundation with young people living with heart conditions it became apparent that physical education classes are often not very enjoyable. Some young people reported being pushed extremely hard during PE classes while others had stories of being completely excluded. Many of the young people believed that this was due to the teachers leading the classes not having an understanding of their condition and subsequent limitations.

It is important that professionals who come into contact with children and young people with these medical conditions have training about the nature of these conditions.

In recognition of this, this innovative course has been developed by the BHF National Centre for Physical Activity and Health, based at Loughborough University, and Loughborough College.

Who is this course for:

Anyone working directly with children and young people for example ...

- ◆ PE Teachers
- ◆ Exercise Instructors
- ◆ Early Years Practitioners
- ◆ Play/Youth Workers
- ◆ Teaching Assistants
- ◆ Students on childcare/early years or teaching courses
- ◆ Lunchtime supervisors

Course Contact Sessions:

9.30am-3pm on
Mon 20th September 2010
or Tues 9th November 2010

Cost : £140

(or £125 for charitable organisations)

Venue

Loughborough University,
Leicestershire

Application Deadlines

For Sept date = 16th August 2010
For Nov date = 28th September 2010

For further information contact:

Kim Buxton, BHF National Centre, Tel : 01509 223267 Email: K.E.Buxton@lboro.ac.uk or
Rachel Reynolds, Loughborough College, Tel : 01509 515407 Email: rachel.laxton@loughcoll.ac.uk or

To register for a place complete the application form overleaf

More about the course..

The course is predominantly distance learning with a half day contact training session. This course has been designed for professionals who have limited time to attend continuing professional development courses. It allows individuals to study at their own pace and in their own time.

Participants who register for the course will be sent a course pack, at least four weeks prior to the planned half-day training date.

The course pack includes:

- ② Information about diabetes, asthma, obesity and congenital heart disease;
- ② Information on the benefits of physical activity for children and young people with diabetes, asthma, obesity and congenital heart disease;
- ② Ideas on how to encourage children and young people with diabetes, asthma, obesity and congenital heart disease to be physically active;
- ② Guidelines on safe and effective physical activity for children and young people with diabetes, asthma, obesity and congenital heart disease;
- ② Materials to support professionals in preparing for and delivering physical activity sessions.

Participants also receive support through a half day training session which aims to:

- ② Review and assess understanding of the course materials;
- ② Develop knowledge and practical skills around planning and adapting physical activity sessions for children and young people with diabetes, asthma, obesity and congenital heart disease.



Application Form

Please print clearly; it is permissible to photocopy this form for other participants.

Name..... **Job Title**.....

Organisation.....

Address.....

Tel. No..... **Email**

Date of course: **20th Sept 2010** **9th Nov 2010**

Please indicate below if you have any specific needs, e.g. wheelchair access, dietary requirements :

Statutory Sector = £140.00 * Voluntary Sector = £125.00

Voluntary sector fee applies to charitable organisations/social enterprises/students - please supply applicable:

Charity No: Student NUS No:.....

PAYMENT METHOD:

- Cheque:** I enclose a cheque made payable to 'Loughborough University'
- Invoice:** I wish the BHFNC to invoice my organisation using the following purchase order number:.....
- BACS:** I enclose BACS remittance advice quoting ref. **S10464** confirming payment.
Barclays, Bishop Meadow Branch, Loughborough
Sort Code: 20-52-69 Account: 50682047
- Credit Card:** Please debit my Visa/MasterCard/Switch
(sorry we are unable to accept American Express or Diners cards)

Cardholder's name:

Card No.

Valid from: Expiry Date:

Issue No. (Switch only) Card Security Code: *(This is the last three digits of the number printed on the back of your card)*

Signature:

Card Billing Address

Please return booking form by post, fax or email to:

Sarah Wortley, BHF National Centre,
James France Building, Loughborough
University, Leicestershire LE11 3TU.
Tel: 01509 223329 Fax: 01509 223972
S.A.Wortley@lboro.ac.uk

Cancellation Policy

- There is no charge for cancellations received 60 or more days before the start of the course.
- Cancellations received 30-59 working days before the start of the course are subject to a cancellation fee of 25% of the course fees.
- Cancellations received 16-29 working days before the start of the course are subject to a cancellation fee of 50% of the course fees.
- Cancellations received 0-15 working days before the start of the course are subject to a cancellation fee of 100% of the course fees.
- If a participant fails to attend the course, the full course fees are payable.