



'Engaging older people in physical activity' Course Overview

1. Introduction

The components of this professional development course have been produced by the Victorian Active Ageing Partnership (VAAP). The VAAP is funded by the Victorian Government and aims to increase opportunities for participation in physical activity for older people, especially in areas of socio-economic disadvantage and among isolated, lonely older people currently not involved in physical activity. For more information, please view the VAAP webpage at www.msk.org.au/vaap/

The VAAP is coordinated by Musculoskeletal Australia, in collaboration with Fitness Australia and Monash University. Accordingly, Musculoskeletal Australia will oversee the provision of this professional development course.

2. Aim

This course aims to heighten your knowledge and awareness of some of the factors influencing older people's engagement in physical activity. It also aims to provide you with strategies to use in your day-to-day work and in the provision of your programs that will assist in engaging older people in physical activity, especially older people who may be traditionally 'harder to reach'.

3. Course outline

This course is available online and can be undertaken and completed at a time of your choosing.

The course consists of the following:

- a) Reading a report titled 'Engaging older people in organised physical activity: Literature synthesis' (approximately 30-45 minutes reading time)
- b) Reading a two-page summary detailing the 'VAAP Evidence-based Framework for the Engagement of Older People in Physical Activity' (approximately 20 minutes)
- c) Writing a one-page report (i.e. 350-500 words) on how one of your workplaces does, or does not, 'match up' to the elements of the framework (approximately one hour)
- d) Reading a two-page research study summary on 'Engaging under-represented groups of older adults in organised physical activity' (approximately 15 minutes)
- e) Viewing three short films on 'Engaging under-represented groups of older adults in organised physical activity' (approximately 6, 8 and 9 minutes in length respectively, i.e. a total of 23 minutes)
- f) Answering 6-7 'multiple choice' questions after each of the short films (approximately 5 minutes per each film)
- g) Submitting your responses for assessment.

4. Assessment and provision of results

People undertaking this professional development course, will be notified of their result within five working days of submitting their responses for assessment.

People will be required to provide correct responses to at least 90% of the 'multiple choice' questions to achieve successful completion of the course. If a 90% result is not achieved on the first occasion, they will be notified of the questions to which they gave an incorrect response and asked to respond to them again.

If a person's one-page report is not considered satisfactory, they will be given feedback and asked to revise it and re-submit.

5. Privacy and confidentiality

Musculoskeletal Australia complies with the Privacy Amendment (Private Sector) Act 2000. Your personal details shall remain confidential at all times and will not be disclosed to a third party without your consent.