



FABS ONLINE LEARNER REQUIREMENTS

Everything you need to know



ATTENDING YOUR PRACTICAL TRAINING DAYS ONLINE

Your online training/assessment will be over two consecutive days from 9am to 5pm on Zoom but don't worry, there's lots of break out time, group sessions and, of course, exercise throughout both days. You'll get to watch a presentation beforehand to cover everything you need to know in advance, this helps to reduce screen time on the day so the focus will be on the practical elements of teaching exercise.

Day one

On day one, you will cover all the exercise to music components – warm up, aerobics and cool down. You will have time to practice in small teams and then you'll deliver the routine which you've rehearsed to a small group and your Trainer will observe and assess this.

Day two

On day two you will cover strength, balance and flexibility. You will have time to practice in small teams and then you'll deliver the routine which you've rehearsed to a small group and your Trainer will observe and assess this. At the end of day two your Trainer will give you one-to-one feedback so you will know your results straight away.



CREATING A SUITABLE ONLINE LEARNING ENVIRONMENT

In order to attend your practical training days online, you will need to ensure the following:

- You can access Zoom. [Check your system requirements here.](#)
- You have sufficient space as the Master Trainer must be able to **see you in full** when you are seated and standing in order to observe your exercises properly. This means being at about 3-4 metres away from your laptop/screen. You can do a zoom test [here](#). If you have any difficulty doing the Zoom test please contact us at least two weeks before the course date and we will arrange a test call with you.
- You have a safe exercise environment, so:
 - Remove clutter or furniture that could obstruct you.
 - Ensure the room is clear of pets.
- You will arrive promptly at the beginning of both days and be available and visible throughout both days.
- You wear clothing and footwear that is suitable for exercise; **you will not be able to participate barefoot.**
- You have the resistance band you've been sent on both days.
- You will need an appropriate chair with a back. Office chairs are not suitable.
- You need to have a quiet space to attend where you won't be disturbed so you can give your full attention to learning and exercising.

Unfortunately, if we can't see you or ensure you can exercise safely, we cannot assess you. Therefore, our Master Trainer may ask you to leave the course and book another course which would incur costs.

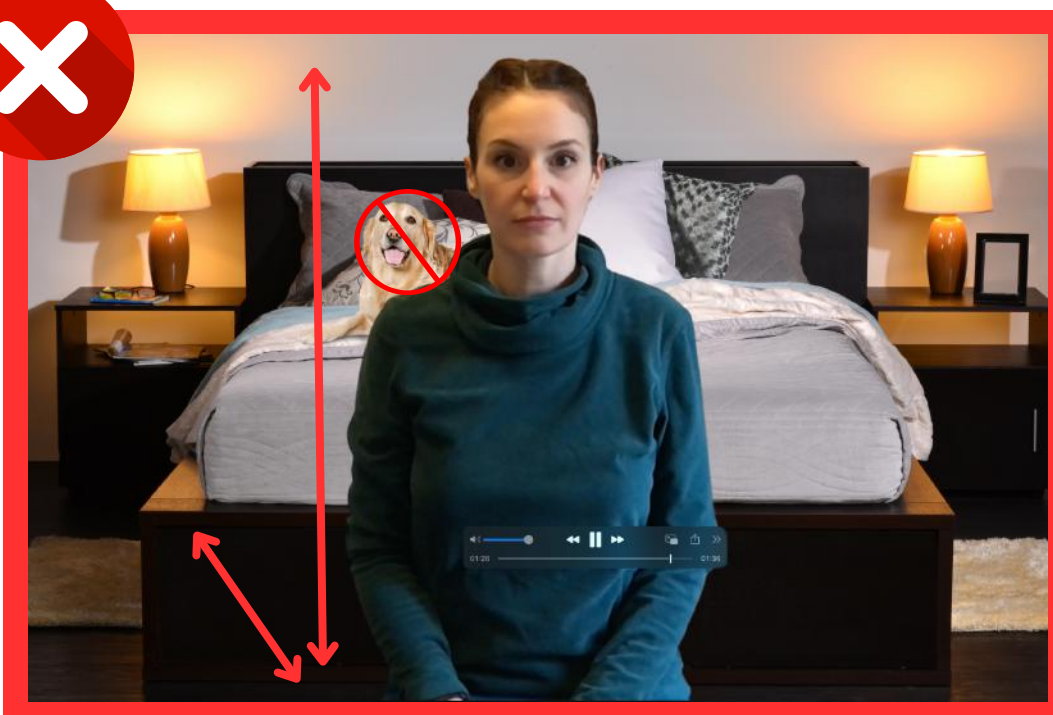
Move it or Lose it Team

Examples of what would and would not be acceptable.

The course Master Trainer must be able to see you in full when you are seated and standing in order to observe your exercises properly. If we can't see you or ensure you can exercise safely, we cannot assess you. Therefore, our Master Trainer may ask you to leave the course and book another course which would incur costs.



- ✓ Learner can be seen from head to toe.
- ✓ The room is clear of furniture and pets.
- ✓ Appropriate chair for exercise.



- ✗ Learner cannot be seen from head to toe.
- ✗ The room is not clear of pets.
- ✗ There isn't sufficient space for the learner to exercise standing.

CHECKLIST

IN ORDER TO ATTEND YOUR PRACTICAL TRAINING DAYS ONLINE, PLEASE ENSURE YOU'VE CHECKED THE FOLLOWING:

YOU CAN ACCESS ZOOM

YOU CAN BE SEEN FROM HEAD TO TOE

YOU'VE CLEARED YOUR SPACE SO IT'S SAFE TO EXERCISE

YOU'RE WEARING APPROPRIATE CLOTHES & FOOTWEAR TO EXERCISE

YOU HAVE YOUR RESISTANCE BAND

YOU HAVE AN APPROPRIATE CHAIR WITH A BACK

YOU HAVE CLEARED THE ROOM OF ANY PETS

YOU HAVE YOUR OBSERVATION CARD TO HAND

YOU HAVE A DRINK TO HAND

YOU HAVE CHOSEN MUSIC TRACKS WHICH ARE READY TO PLAY

