

# FABS

**Flexibility | Aerobic | Balance | Strength**



We are looking forward to welcoming you to the practical training days. This pack contains all the information you need before starting your eLearning and attending the two practical days.

This pack includes:

- ✓ How to prepare for the practical training days
- ✓ Your Observation Card
- ✓ eLearning step by step guide

Thank you for choosing to train with Move it or Lose it! The following information will help guide you through your learning journey with us which we hope you enjoy!

If you need any help along the way, please get in touch with us at [course@moveitorloseit.co.uk](mailto:course@moveitorloseit.co.uk)

## First things first...

We recommend that you take some time to read through this information pack before you start the eLearning. This will help you to understand what you need to do, how to do it and by when.

Once you have read through this pack, you can begin your eLearning, submit the coursework and then attend the two online practical days. More information on each of these is given below.

## Step 1 - eLearning

The eLearning is a key part of the training programme, and it is important that you complete it all before you attend the two online practical days. This is to make sure that all Learner's knowledge of the course content at the start of the online practical days is equal, allowing the days to run smoothly.

The step-by-step eLearning guide included in this pack will help you to complete the eLearning if you need it. It is within the eLearning that you will go through all the theory content for the course, which you can do in your own time and at your own pace. There is also a Theory Training Manual and a Practical Training Manual which you can download from the eLearning and keep as a resource to refer back to whenever you need to. These are in PDF form so you can print them out if you wish, but you do not have to.

However, you will not be allowed to refer to this when it's your turn to be observed delivering your exercise routines.

The final lesson of the eLearning includes all the exercise videos from the FABS programme. Please make sure you have watched these exercise videos so you are familiar with how to deliver them. This will help you on the online practical days and give you the best possible chance of passing.

Before your online practical training days, you must complete the 'FABS Presentation' eLearning lesson. This is a video presentation that is part of your training and helps the two online practical days to focus on delivery and observation. *If you do not complete the eLearning, you will not be able to attend the online practical days.*

## Step 2 – Coursework

As part of the eLearning, you will learn how to devise a session plan and assess a venue. These will form two pieces of coursework that you will need to submit to your course Trainer, who will mark these and feedback to you. You need to submit these two weeks before your practical days to give the Trainer time to mark your work and for you to make any necessary changes.

Templates for you to use for the session plan and venue assessment are provided in the eLearning.

We need to see that you can plan a full hours class which includes the exercises given to you on your Observation Card. For example, on your session plan you will include the two warm up exercises on your card along with 1 or 2 more exercises so there are 3 or 4 exercises to each piece of music. You would repeat the cycle of exercises throughout the track so you might do 8 repetitions of each exercises e.g. jogger's walk / shoulder circles / marching / swim.

Please only include exercises that are in the FABS Training Programme as these have been given endorsement and accreditation from CIMSPA and EMDUK. So please do not add other exercises, teach them in a different way or add equipment which has not been shown or included in the FABS Training Programme.

For full instructions on how to complete the coursework, please see the eLearning.

Here's a checklist to ensure you've covered everything in your session plan:

- Fill out your name, date and venue name – these can be hypothetical
- Have you included the posture check?
- Does each exercise have a name, music title (if appropriate) and the number of sets & reps/times? – only the warm up, aerobic and cool down sections need music
- Have you given teaching points for seated, supported and standing options?
- Have you included a progression and regression? Have you included a purpose?
- Don't forget to proof read it and check for spelling mistakes!
- When it's done, save it as a Microsoft Word document
- Attach it to an email with the subject title as – YOURNAME.session plan

To aid with the marking process of the session plan, we can only accept session plans sent via email to [course@moveitorloseit.co.uk](mailto:course@moveitorloseit.co.uk). Please do not send us your session plan by post.

If you do not submit your session plan before the two-week deadline, then your trainer may not be able to mark it in time.

### **Step 3 – Online Practical Days**

On the two online practical days, the Trainer will go through all of the FABS exercises with you. You will practice delivering the exercises to other Learners in small groups. You will be assessed on both days both informally and formally. You can see an overview of the criteria below.

Your 'Observation Card' is included in this pack and lists the exercises you will deliver and that your Trainer will formally observe over the two online practical days. Ahead of these you can use the card to practice and perfect your delivery. It is really important that you watch the exercise videos several times to become familiar with them and it's a good idea to practice in front of a mirror (or film yourself) to observe your own technique.

**What to wear:**

Please wear clothing and footwear that is suitable for exercise; you will not be able to participate barefoot.

**What to expect:**

Throughout both days, you will be observed and assessed formally and informally, often in small groups and be asked questions to demonstrate your understanding. For quality assurance, in-house training and standardisation purposes we may record some of the online practical sessions.

All training and observation will be done in a supportive manner with individual, peer and Trainer observation made throughout both days.

**Additional Information**

You will be observed and/or asked questions verbally, on the following criteria:

***Delivery***

- Adopted appropriate position to teach including side demonstrations where appropriate
- Communicated clearly and audibly
- Motivated clients offering reassurance and encouragement
- Observed clients throughout, monitoring and correcting technique where appropriate

During your practical demonstrations you will be assessed through observation on the following criteria:

- Give technically correct demonstrations adopting appropriate positions including good posture throughout
- Give timely and effective teaching points throughout, cueing exercises and including appropriate number of repetitions
- Give purposes for the exercises which relate to active daily living
- Monitor and correct technique – you need to be able to spot poor technique and have the confidence to correct this
- Offer progressions, regressions or adaptations as appropriate – all of which are included in the Practical Training Manual

## Certification

The scores you accumulate over both days will be combined for your overall score, and you will be told on day two if you have passed when the Trainer will provide you with feedback about your practical delivery. If you have passed you will receive your certificate by email.

If you have not met the practical assessment criteria, or if you have not submitted your coursework, you will not receive your certificate until you have done so.

If you need to re-take the practical element, you will be offered the opportunity to do so for a £220 referral fee. You will then need to get in touch with us to arrange this, please email [course@moveitorloseit.co.uk](mailto:course@moveitorloseit.co.uk).

## The Exercise Network

Following successful completion of the FABS Training Programme, you have the option to become a licensee of Move it or Lose it. This offers a range of benefits which will be explained to you on the practical days.

## Contact Information

Should you have any changes to your email or contact number, it is your responsibility to inform us to ensure we can contact you.

It is your responsibility to inform us of the name you would like on your certificate. We will use the name you used to purchase the course unless informed otherwise.

We really hope you enjoy your learning experience with us! For any help, email us at [course@moveitorloseit.co.uk](mailto:course@moveitorloseit.co.uk)

Next sections:

- ✓ Observation Card
- ✓ eLearning step by step guide

# FABS

Flexibility | Aerobic | Balance | Strength



FABS Learner Info Pack

## Observation Card 1

### Warm Up\*

Shoulder circles & lifts

Jogger's walk

### Aerobic\*

Step & clap

Ski

### Strength

Seated biceps strengthener

Seated chest strengthener

Sit to stand slow

### Balance

Toe walk

### Flexibility

Hug a tree

### Cool Down

Cloud and leaves

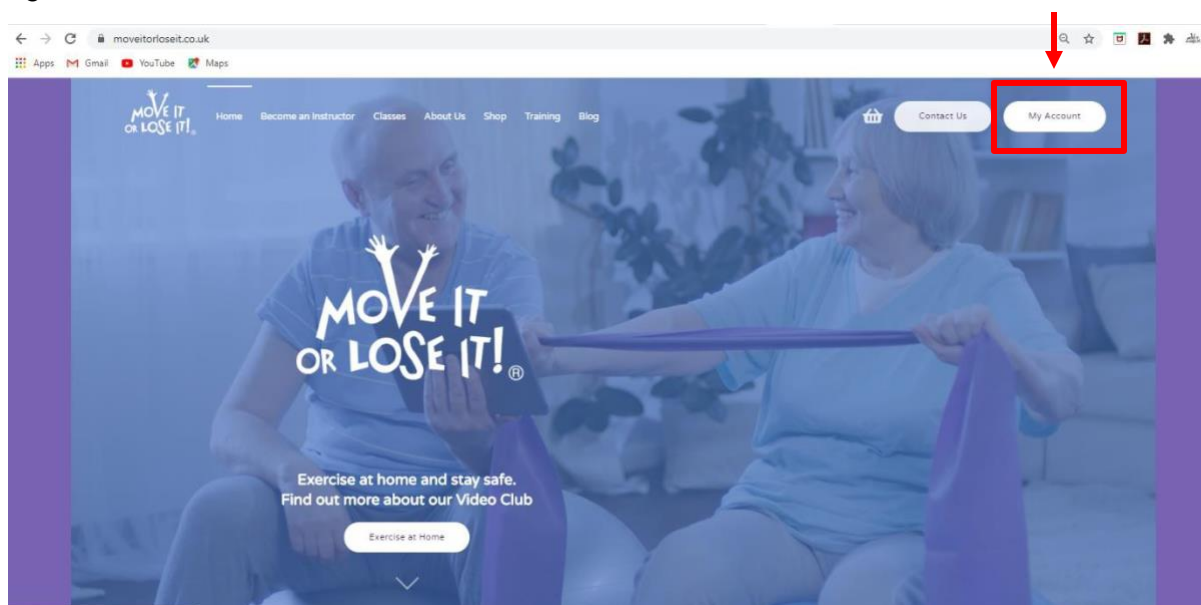
\*The warm up and aerobic sections will be delivered consecutively to your two music choices

## **eLearning Guide to The FABS Training Programme**

This is a step-by-step guide to help you navigate through the eLearning material of the FABS/Fast Track FABS Training Programme. The eLearning has been designed to be user friendly and does not require any technical know-how, however this guide is here should you need to refer to it. We hope you enjoy your eLearning experience.

### **Getting started**

To access the eLearning, go to [www.moveitorloseit.co.uk](http://www.moveitorloseit.co.uk) and click **'My Account'** in the top right corner.



You will then be taken to the login page where you can enter your username and password.

### **My MIOLI Account**

My E-Learning Courses ▾

#### **Login**

Username or email address \*

myaccount

Password \*

.....


Remember me

Log in

[Lost your password?](#)

Enter the account details you created when you purchased FABS. Your username will be in your 'Welcome to FABS' email.

If you did not create an account, you will have been sent your username and password in your 'Welcome to FABS' email.

You can check your password is entered correctly by pressing the  symbol

When you have entered your details, press the 'Log in' button.

## My MIOLI Account

My E-Learning Courses ▾

Dashboard

Orders

Subscriptions

Downloads

Addresses

Payment methods

Account details

Logout

Hello **Move It or Lose It** (not **Move It or Lose It?** [Log out](#))

From your account dashboard you can view your [recent orders](#), manage your [shipping and billing addresses](#), and edit your [password and account details](#).



You will then be taken to the dashboard in your account. Either click 'My E-Learning Courses' or scroll down to see 'Move it or Lose it Courses'.

## Move It or Lose It Courses

Expand All | Collapse All

Profile	
<a href="#">Edit profile</a>	<b>Name:</b> Test Test <b>Username:</b> miorii <b>Email:</b> info@moveitorloseit.co.uk <b>Earned Course Points:</b> 0


  

Registered Courses		Certificate	Status
▶	<a href="#">FABS Online Learner Information Presentation</a>	-	
▶	<a href="#">Understanding Rheumatoid Arthritis Workshop</a>	-	

Here you will see a list of courses you are enrolled on to. The 'Status' on the right shows if the course is completed by a green box with a tick. If the course is not completed, the box and the tick stay clear.

Click on the course name that you would like to study.

Click the small triangle to show the course progress bar and % complete

Registered Courses		Certificate	Status
▼	<a href="#">FABS - Flexibility, Aerobic, Balance, Strength</a>	-	
<div style="border: 1px solid #ccc; height: 15px; width: 100%;"></div>			0% Complete

## eLearning Guide

Once you have clicked on the course name to begin/continue with the course, you will see the introduction page.

Scroll down the page to see the list of lessons. Move your mouse over the lessons and they will turn grey. Then click the lesson you wish to enter. **If you have just started the course, you must click on the first lesson.**

### Course Content

Lessons	Status
1    A&P 1.0 - Anatomy of the heart	<input checked="" type="checkbox"/>
2    A&P 1.1 - Describe how blood moves through the heart	<input type="checkbox"/>
3    A&P 1.2 - Describe systemic and pulmonary circulation	<input type="checkbox"/>
4    A&P 1.3 - Describe the structure and functions of blood vessels	<input type="checkbox"/>

### Completing a lesson

The lesson will then open. You can read through the information at your own pace.

#### Course Progress


Progress bar

#### Where is the heart located?

The heart is located between the two lungs, slightly right of centre, in the upper thorax, behind the sternum.

#### Course Navigation

- ▶ A&P 1.0 - Anatomy of the heart
- ▶ A&P 1.1 - Describe how blood moves through the heart




At the bottom of each page, there is a 'Mark Complete' button. You must click this to access the next lesson. You will be able to go back and see previous lessons.

**Mark Complete**

Once you have completed more than one lesson, you can navigate between them by using the 'Previous Lesson' or 'Next Lesson' arrows at the bottom of each lesson page.

### **Completing a quiz**

At the bottom of the final lesson in most sections, you will find a quiz. This is to test your knowledge of the preceding content. You will not be able to move on to the next section until you have completed the quiz. To take the quiz, click on the title of it.

Quizzes		Status
1	Anatomy and Physiology Quiz	

You will then see the instructions for the quiz. When you are ready, click 'Start Quiz'.

The first question of the quiz will then appear. Select your answer and click 'Next'.

The function of the heart is to?

- Pump oxygenated blood to the lungs and deoxygenated blood to the body's tissues
- Pump deoxygenated blood to the lungs and to pump oxygenated blood around the body's tissues

Next

On the final question, you can end the quiz by clicking 'Finish Quiz'. The quiz will be automatically marked and give you your result straight away.

Your results will be displayed like this. You can see you score numerically and as a percentage.

If a certificate is available, the 'Print your certificate' button will appear. Click this to view, download and/or print your certificate.

### **Results**

22 of 24 questions answered correctly

Your time: 00:04:40

You have reached 22 of 24 point(s), (91.67%)

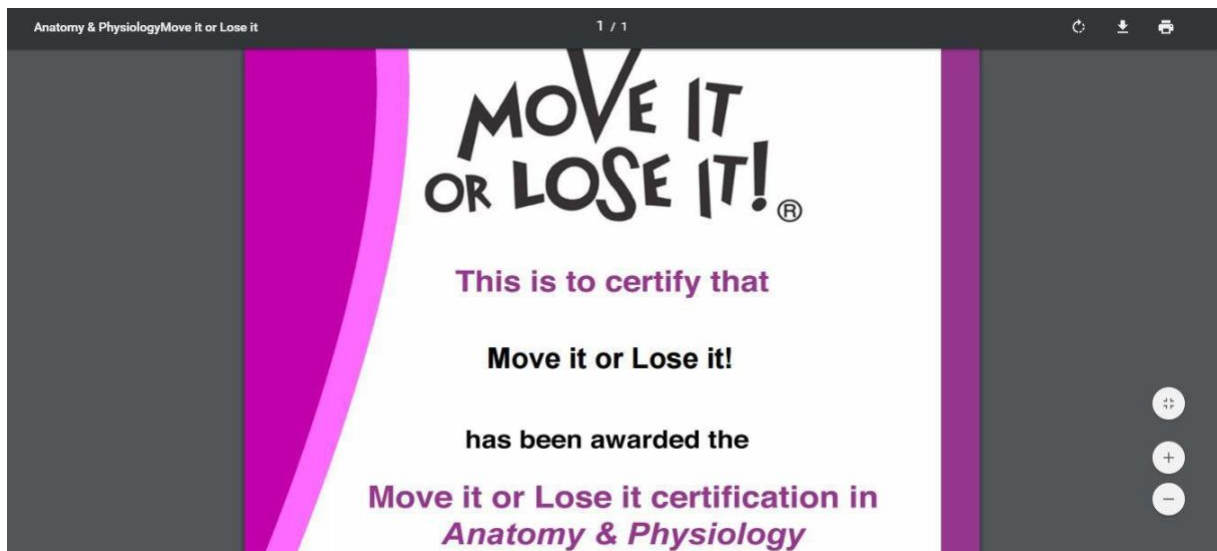
[PRINT YOUR CERTIFICATE](#)

[Click Here to Continue](#)

[Restart Quiz](#)

[View Questions](#)

The certificate will open in a new internet tab, with options to print or download.



On your results page, you can click 'View Questions' to display each question and your answer. Here you can see which answers were correct and which were incorrect.

If you need to, you can also click 'Restart Quiz' to take the quiz again. This may be the case if you did not score the required passing percentage.

Required marks to pass each quiz are as follows:

### **The FABS Training Programme**

- Anatomy & Physiology Quiz = 18/24
- Learning Objective 1 Quiz = 18/24
- Learning Objective 2 Quiz = 9/12
- Learning Objective 3 Quiz = 7/10
- Learning Objective 4 Quiz = 15/20
- Unit 4.3.1c Quiz = 5/7
- Unit 4.3.2c Quiz = 3/4
- Unit 4.3.3c Quiz = 2/3
- Unit 4.3.4c Quiz = 2/3
- Unit 4.3.5c Quiz = 3/4

### **The Fast Track FABS Training Programme**

- Learning Objective 1 Quiz = 10/15
- Learning Objective 2 Quiz = 10/15
- Learning Objective 3 Quiz = 10/15

Should you not pass a quiz, you are permitted three retakes.

When you are ready, click

[Click Here to Continue](#)

## Watching Videos

Some lessons contain videos. Please ensure you have the latest operating system update on your device prior to watching videos, as some out-dated versions might not be compatible. Web browsers Google Chrome, Safari and Mozilla Firefox tend to work better than Internet Explorer for video functionality.



You can watch the video in-situ by clicking play.

Or you can watch the video in full screen by clicking on this symbol:  
in the bottom right corner of the video.



## Completing the course

When you have completed the final unit of the course, it will show as ticked in the table of courses in the 'My Courses' section.

▶	FABS - Flexibility, Aerobic, Balance, Strength	✓
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If you require any help or support with the eLearning contact [course@moveitorloseit.co.uk](mailto:course@moveitorloseit.co.uk) and state what the issue is that you are having. We will get back to you as soon as possible.