



Suffolk
WORKFORCE

Enabling people to lead active lives



CPD GUIDE

A guide to Continuing Professional Development for Suffolk's Sport & Physical Activity Workforce to include Coaches, Clubs, Volunteers, the Professional Workforce, Health Sector Workers, Schools and Workplaces.

TABLE OF CONTENTS

Introduction	2
Definition & Importance of Continuing Professional Development	2
The Chartered Institute of Sport and Physical Activity (CIMSPA)	2
Suffolk’s Workforce Vision	3
Workshops & Seminars	4
UK Coaching / Active Suffolk Workshops	4
Specialized courses / seminars	7
Learn at Home	10
CIMSPA Academy	12
CPD Points	12
Course Library	12
Club Development	14
Club Matters	14
Club Matters Workshops	15
EDUCATION - Youth Sport Trust Education & Resources	16
Primary Education Resources	16
Secondary Education Resources	18
HEALTH Sector CPD	20

Introduction

Definition & Importance of Continuing Professional Development

Continuing Professional Development (CPD) refers to the process of tracking and documenting the skills, knowledge and experience that you gain both formally and informally as you work, beyond any initial training. It's a record of what you experience, learn and then apply.

CPD is important because it ensures you continue to be competent in your profession. It is an ongoing process and continues throughout your career.

The Chartered Institute of Sport and Physical Activity (CIMSPA)

CIMSPA is driving the improvement and professionalism of the sport and physical activity sector's employees, and aligning its work with the government's employability, skills and productivity ambitions. Active Suffolk has joined CIMSPA as a lead employer partner - the first Active Partnership in the country to work with them in this way.

As an employer & skills partner Active Suffolk will participate as industry experts working alongside their awarding organisation and other skill development partners to develop the 'professional standards' for the sector's job roles. These professional standards will then become the benchmark for the development of future qualifications, training programmes, apprenticeships etc. ensuring that the sector has an appropriately skilled workforce.

Active Suffolk are encouraging Suffolk's Workforce to become CIMSPA members so they can access the CIMSPA Academy which entitles members to over 300 hours of extremely valuable, free eLearning developmental CPD courses. Members signing up via Active Suffolk will receive 20% off their membership fee. The Suffolk Workforce team will also be offering a number of UK Coaching (a CIMSPA Skills Partner) workshops as well as a number of other CIMSPA accredited CPD opportunities. All CIMSPA recognised CPD will gain you invaluable CPD points with them which will be recorded on your online CPD training log.

To find out more: www.cimspa.co.uk

As outlined in Suffolk's Workforce Strategy: Developing a Workforce Fit for the Future (2019-2024), Suffolk's vision for the future physical activity workforce in Suffolk is to:

'Develop a highly-skilled, motivated and diverse workforce equipped to meet the physical activity needs of Suffolk communities'

In order to do this we are committed to:

1. Raising skill levels and competencies across the professional health, sport and physical activity workforce
2. Support and develop Suffolk's infrastructure of clubs, coaches and volunteers
3. Develop a diverse workforce equipped to support individuals and communities to be more active

To help achieve these aims and objectives we have developed a CPD guide suitable for the entire workforce (coaches, volunteers, clubs, professional workforce, health sector workers, primary school teachers and workplace champions) as a guide to your ongoing professional development



Workshops & Seminars

There are a variety of workshops and seminars available which will aid ongoing professional development of the sector. The table below shows the core face to face workshops available to the workforce delivered by either UK Coaching or Active Suffolk tutors (all of which are CIMSPA accredited courses, earning you invaluable CPD points).

Workshop Title	Brief Description
<u>Safeguarding & Protecting Children</u> (3hrs)	This workshop will raise your awareness of the tell-tale signs of abuse, and give you the tools and confidence you need to deal with any issues sensitively, appropriately and effectively should the need ever arise in your coaching career.
<u>Equity in Your Coaching</u> (3hrs)	Promote equality and diversity by raising your awareness of equity and fairness issues in sport and physical activity
<u>How to Coach Disabled People in Sport</u> (2 hrs)	Broaden your skills and make your sport or physical activity sessions accessible to everyone
<u>Safeguarding & Protecting Children in Martial Arts</u>	This workshop takes into account the terminology used within Martial Arts clubs and makes some of the scenarios used in the traditional workshop specific to Martial Arts.
<u>Behaviour Change Tactics Package</u>	Learn useful strategies to help people get active, and innovative nudge techniques to ensure they stay active
<u>How to Coach Fundamentals of Movement</u>	The objective of this workshop is to help coaches, teachers and parents understand the importance of developing fundamental movement skills in children and beyond. The content of the workshop reflects contemporary evidence and practice in how best to promote the development of movement skills in children and beyond and has been authored by global experts Dr Jon Oliver and Dr Rhodri Lloyd from Cardiff Metropolitan University.
<u>A Guide to Mentoring Sports Coaches</u> (3hrs)	This workshop will help you support coaches' learning and focus on how learning occurs. The tools you will be shown will help you record the relationships built through mentoring programmes and are adequately flexible to fit within any mentoring framework.

Coaching Children (5-12): The Next Generation	This workshop incorporates the latest research on essential topics that are intrinsic in the coaching of children between the ages of 5 and 12.
Effective Communication Coaching Deaf People in Sport (3hrs)	This workshop will give coaches hands-on experience, and the chance to improve their communication skills in different situations. This will develop their confidence and help put them in a position where they are able to support any deaf participant they encounter in their coaching career, just as much as the next player.
How to deliver engaging sessions for adults: A practical guide for developing adults through sport	Expand your knowledge to support positive experiences for adults and ensure sustained participation
How to Deliver Engaging Sessions for Young People	This is a practical-based workshop that will develop your coaching to help you better meet the needs of the 14-25 year old age group.
Inclusive Coaching: Disability (3hrs)	This 3-hour workshop, developed in partnership with Activity Alliance, will equip you with the skills to engage disabled people and people with long-term health conditions more effectively in activities – but actually just make you a better coach!
Keeping Safe in Sport: Safeguarding for Young Volunteers (13+) (2hrs)	This workshop is for young people (aged 13-17) involved in volunteering activities, but are too young for the adult ‘Safeguarding and Protecting Children’ certification
Coaching the Person in Front of You (3hrs)	This workshop will give you a deeper awareness of why great people skills are an intrinsic part of being an effective coach. You will explore three core principles – understand, connect and thrive
What is Talent?	This is the first of four workshops in the Talent Foundation Series and is for high-performing coaches with an interest in talent development, working, or having a desire to work, with emerging athletes within the England Talent Pathway. You will explore the definition, understanding and latest research associated with talent in sport, discussing the implications for you and your athletes/players with coaches from other sports.
A Head for Talent	This is the second of four workshops in the Talent Foundation Series. You will explore the key concepts and challenges of growth mindset and attitude, discussing the implications for you and your athletes/players with coaches from other sports.
Talent Across the Ages	This is the third of four workshops in the Talent Foundation Series. You will explore the different types of ages that are present within developing talented athletes/players and discuss the implications for you and your coaching practice.
Getting Better, Better	This is the fourth workshop in the Talent Foundation Series. You will explore some of the key concepts and challenges in talent development, and discuss the implications for you and your athletes/players.
Time to Listen	Time to Listen is a 3-hour course for Club Welfare Officers (CWO). CWOs must have attended a Safeguarding and Protecting Children workshop. The workshop looks at the role of the CWO and how it could work within your club and what support the CWO can get from their NGB and outside of Sports.

Emergency First Aid for Sport (3hrs)	This workshop is a basic first aid course. It will provide you with knowledge of how to assess an incident, and what to do next, the latest resuscitation techniques and how to deal with sprains and strains.
First Aid in Sport (1 day)	This course is run by an HSE registered trainer and covers all the requirements for the Appointed Persons qualification and looks at further scenarios more specifically found in the sporting field. You will learn how to deal with the types of emergencies that can occur in the sporting environment, and how to assess an incident and the latest resuscitation techniques.

Workshops & Seminars

Active Suffolk can also offer a number of more specialised workshops and Seminars which are available on request and subject to demand (at a higher cost per head):

Workshop Title	Brief Description
Exercise for the Older Age Group	To give background information of working with the older age group, this will include why there is a need, understanding the ageing process, setting the environment, designing an exercise plan & understanding and promoting health and wellbeing.
Introduction to Sports Psychology	This is a workshop that will attempt to bridge everyday practice and competitive behaviour in the sporting environment. Simple practices constitute chained reactions and influence psychological phenomena.
Understanding Young Peoples Mental Health: Self Esteem	Aims: To support you to develop confidence and skills in working with issues related to young people's Self-esteem, in a holistic way as part of their everyday practice.
Introduction to Sport Nutrition	In this session we will introduce key nutritional concepts for young athletes, whilst ensuring practical food examples are given throughout. This initial workshop is designed to discuss fundamental dietary needs for individuals and how coaches can communicate key dietary needs, in a straightforward yet proactive manner.
Performance Nutrition - when, what and how much?	Building on from Workshop 1, this session will focus specifically on performance nutrition strategies. Considering the evidence for and against particular strategies and when these approaches might be useful for a variety of athletes. Importantly, the individualisation of dietary approaches will be discussed, with particular focus on power and endurance athletes, before, during and after training.
Suffolk Needs Met	The training provides an understanding of what it means to be emotionally healthy, why it is important and how our emotional health supports our

	physical health. By learning how to identify emotional needs, the course takes you through the innate resources we have which enable us to ensure these needs are met. This course is intended to provide a holistic understanding of our mental and emotional health which can be used to inform the way in which we support others.
Rethinking Sport for Women & Girls	This workshop is based on pioneering Understanding Women's Lives research and other landmark insight projects, and is ideal for individuals wanting to gain a greater understanding of women's motivations and behaviours when it comes to their relationship with sport.
Competitive Anxiety Management	This workshop aims to assist the comprehension of factors leading to competitive anxiety and any available ways to control them. Learning outcomes of the session include; Understanding environmental (i.e. spectators) and personal (i.e. self-doubt) factors that contribute to anxiety. Ways to help your athletes cope with stress and anxiety. Psychological and mental techniques that can assist performance under pressure.
Long Term Health Condition Seminars	Brief Description
Cancer & Exercise (3hrs)	This is a very unique seminar which aims to develop a learner's knowledge and understanding of the common types of cancer but more specifically the types of treatments people may go through. We explore how these treatments can affect the body and how physical activity and exercise can help make the journey through treatment or post treatment more positive.
Heart Disease & Exercise (3hrs)	This workshop aims to develop, or update, learner's knowledge and understanding of the common types of cardiovascular disease, enabling them to work effectively alongside individuals who have been diagnosed with high blood pressure or high cholesterol.
Diabetes & Exercise (3hrs)	The seminar covers aetiology and prevalence of obesity and diabetes in the UK, evidence highlighting the importance of physical activity and exercise in the risk prevention and management of diabetes alongside detailing an exercise prescription framework to ensure instructors and coach's work safely alongside their participants.
Exercise Referral and Specialist Populations Exercise Qualifications Available in Suffolk on request and subject to demand from practitioners (at	Brief Description <i>The Wright Foundation is the brand leader in Exercise Referral and Specialist Populations Exercise Qualifications and offer the Lvl3 GP Referral</i>

cost)	<i>course & Lvl4 Specialist courses. The Wright Foundation is a skills development partner of CIMSPA.</i>
Level 3 Diploma in Exercise Referral	This 5 day course tackles a wide range of medical topics and also provides a thorough understanding of the setting up, development and management of a successful exercise referral scheme. <i>This course is accredited by CIMSPA giving the learner 10 CPD points.</i>
Exercise for Long Term Neurological Conditions	This 5 day course is divided between theoretical knowledge and practical skill development to equip the exercise professional with all the key information and experience to be confident in working with clients living with a Long Term Neurological Condition. <i>This course is accredited by CIMSPA giving the learner 10 CPD points.</i>
Level 4 Cancer Rehabilitation <i>Bursaries may be available for this course. Please enquire with Active Suffolk for more information.</i>	This 5 day practical course will empower exercise professionals to guide individuals with cancer to a healthy and enjoyable lifestyle which will maximise their chance of living better and longer.
Level 4 Cardiac Phase IV Rehabilitation	This 5 day course is divided between theoretical knowledge and practical skill development to equip the exercise professional with all the key information and experience to be confident in working with clients in the context of Cardiac Rehabilitation and specifically in the Phase IV setting.
Level 4 Pulmonary Rehabilitation	This 3 day course is divided between theoretical knowledge and practical skill development to equip the exercise professional with all the key information and experience to be confident in working with clients in the context of Pulmonary Rehabilitation and specifically in the community setting.
Level 4 Chronic Lower Back Pain	This 3 day course is divided between theoretical knowledge and practical skill development to equip the exercise professional with all the key information and experience to be confident in working with clients in the context of Chronic Lower Back Pain in various settings
Level 4 Mental Health	This 3 day course is divided between theoretical knowledge and practical skill development to equip the exercise professional with all the key information and experience to be confident in working with clients in the context of Mental Health in various settings
Level 4 Obesity and Diabetes	This 3 day course is divided between theoretical knowledge and practical skill development to equip the exercise professional with all the key information and experience to be confident in working with clients in the context of Obesity and Diabetes in various settings

Learn at Home

Professional development isn't just about attending training courses; there are a wide number of alternative CPD opportunities available to the Workforce including E-learning modules, webinars, tutorials, attending conferences etc.

UK Coaching, CIMSPA & the Open University offer a wide range of eLearning modules, suitable for the entire workforce. Completing CIMSPA Academy eLearning will qualify members for CIMSPA-recognised developmental CPD points - up to half of the annual requirement for most members. Below is a list of UK Coaching & The Open University eLearning modules that can assist with ongoing professional development:

eLearning Title	Brief Description
How to Coach: Plan, Do, Review	The 'How to Coach: Plan, Do, Review' eLearning module helps you understand the principles behind well organised coaching sessions. Learning about the principles of planning, delivering and evaluating coaching sessions will help you become a more effective coach and always enable your participants to progress and meet their goals.
Inspiring Positive Behaviour in Sport	The 'Inspiring Positive Behaviour in Sport' eLearning module helps you develop your skills in managing disruptive behaviour. It will also challenge you to think about what you deem acceptable behaviour from your participants.
Coaching People with a Visual Impairment	Packed full of helpful tips, practical solutions and vibrant videos*, the 6 modules will increase your knowledge, assurance and skills to be able to coach people with a visual impairment.
Keeping Deaf and Disabled Children Safe in Sport	Developed in partnership with the NSPCC's Child Protection in Sport Unit (CPSU) the Keeping Deaf and Disabled Children Safe in Sport module, is a convenient way for you to learn how you can make sport inclusive for children with a condition or impairment - at a time to suit you.

Renewal: Safeguarding and Protecting Children With a focus on Deaf and Disabled children in sport.	This version of the Safeguarding and Protecting Children in Sport renewal course includes the core refresher module plus the Safeguarding Deaf and Disabled Children module.
Renewal: Safeguarding and Protecting Children With a focus on Digital Kids in sport. 2018 edition	This version of the renewal course includes the core refresher module plus the Safe Communication with Digital Kids module.
Renewal: Safeguarding and Protecting Children With a focus on Positive Parents in sport. 2018 edition	This version of the renewal course includes the core refresher module plus the Positive Parents module
Mental Health Awareness for Sport and Physical Activity	Completing this 2-3 hour online course will give you the knowledge, skills and confidence to better understand and support people living with mental health problems, and create a positive environment that ensures they enjoy the benefits of being active and keep coming back for more. The course has been awarded 3 Developmental CPD points by CIMSPA
Exploring Sport Coaching & Psychology	In this free course from the Open University, you will explore the influence of coaching and psychology through the lens of sports people and teams who have been successful. You will focus on coaching practices used with young people and adults, including research and advice of leaders in their fields.
Exploring Communication & Working Relationships in Sport	In this free course from the Open University, you will boost your ability to vary your communication approach according to the situation and the needs of the people involved.
Learning from Burnout & overtraining <i>Coming Summer 2019</i>	In this free course from the Open University, you will learn about burnout and overtraining and strategies to prevent them.
Coaching others to Coach <i>Coming Summer 2019</i>	Supported by Sport England, this upcoming free course by the Open University is dedicated to developing the people who develop coaches.
Exploring the psychological aspects of injury <i>Coming Summer 2019</i>	This free course from the Open University, explores the role of psychological factors in sports injury

There are a large number of other Open University Health, Sport & Psychology courses (a number of them are free) available please refer to their website: <https://www.open.edu/openlearn/free-courses/full-catalogue>

The CIMSPA Academy provides members with access to over 300 hours of FREE eLearning Developmental CPD courses designed to aid with personal professional development. There are three different types of eLearning available via the CIMSPA Academy.

1. **eBriefings** - short courses with readable content, exercises and content quizzes.
2. **Tutorial Programmes** - short exercise / scenario driven courses designed to help you apply learning to the workplace.
3. **Certificate Programmes** - longer courses comprising of eBriefings, tutorials and assignments. You can complete these programmes at your own pace and you will receive a certificate upon successful completion.

CPD Points

Every tutorial and eBriefing successfully completed is worth 0.25 CIMSPA Developmental CPD points. Each month, CPD points gained via the CIMSPA Academy will be uploaded to the CIMSPA MyPage. Certificate Programmes are made up of a varying number of eBriefings and tutorials each worth 0.25 CIMSPA Developmental CPD points. For example if a certificate programme was made up of 6 eBriefings and 6 tutorials, this would award 3 CIMSPA Developmental CPD points in total.

Course Library

CIMSPA offer over 1,300 courses in their library, that fall under the following categories: Business Management, Coaching Skills, Conflict Management, Meetings, Personal Development, Finance, IT Skills, Maths, Management Sales & Services and Written English.

Below is a table that lists the courses and the number of certification programmes, tutorials and eBriefings available under each category:

Course Title	No. of Certification Programmes Available	No. of Tutorials Available	No. of eBriefings Available
Business Management	1	9	0
Coaching Skills	1	5	1
Conflict Management	1	1	1
Meetings	1	2	0
Personal Development	25	Over 100	Over 50
Finance	2	10	10
IT Skills	29	Over 100	Over 50
Maths (Statistics)	0	4	0
Sales & Services	5	Over 50	15
Written English	4	39	3
Management	21	Over 100	39

To reap the benefits of this wide ranging CPD offer, join CIMSPA today
<https://www.cimspa.co.uk/>

There is a wide range of **FREE** support available for clubs predominantly via Club Matters.

Club Matters is Sport England's one stop shop for clubs, groups and organisations involved in the delivery of physical activity and sport. Club Matters provides free, convenient, practical resources to help organisations to develop, grow and become more sustainable and successful.

Club Matters support is split into four topic areas:

Club Finances



Finances are often a challenge for clubs, groups and delivery organisations. However, building a sustainable finance system can be hugely beneficial and provide the foundations for success. [Click here](#) for practical advice on how to manage your finances effectively.

Club Management



From making sure you have a development plan to ensuring you have appropriate facilities; good management underpins successful and vibrant organisations. [Click here](#) for a wide range of advice, from governance to forging effective partnerships.

Club People



From members to volunteers and coaches/instructors who deliver activities, your people are what makes your organisation stand out from the rest. Click here to find out how to develop and keep your existing members and volunteers and how you can attract more.

Club Marketing



Want to attract new people to and keep them coming back? Knowing what your offer is and effectively communicating it is the key to successful marketing and promotion. Click here to find out more.

Club Matters Workshops

Club Matters offer a number of FREE workshops, funded by Sport England and delivered across the country by Club Matters facilitators in a range of specific topics. The sessions will develop your skills, improve your knowledge and ultimately help you develop your club. They are for groups of at least 4 clubs and build upon the content of the online resources, but also include case studies, topical issues, exercises and a discussion section.

Workshops typically last approximately 2 hours and like all Club Matters support, workshops are open to anyone involved with a community sports club. The topics covered will mostly be relevant to those who have responsibility for, or involvement in running their club, either now or in the future.

Current topics include

- Club Structure
- Marketing Strategy
- Business Planning
- Club Participant Experience
- Club Volunteer Experience

For more information on Club Matters and their workshops click [here](#). If you are interested in arranging a workshop contact Susannah.challis@activesuffolk.org

To help support teachers and schools tackle the increasing challenges they face with competing priorities and rising pressures, Youth Sport Trust (YST) have developed a comprehensive resource and training offer to drive improvements in health and wellbeing. They offer a number of resources and training courses to both Primary & Secondary schools:

Primary Education

YST aim to provide guidance on where schools can generate the most impact through the Primary PE & Sport Premium funding:

Resource Title	Description
<u>Active 30:30</u>	Active 30:30 has been developed to help schools reduce sedentary behaviour and increase physical activity in young people outside of timetabled curriculum PE
<u>Active 30:30 Champions</u>	Active 30:30 Champions uses the inspiration of elite Athlete Mentors to bring the Active 30:30 resource to life and help young people develop life skills.
<u>Active Leaders</u>	A one-day practical course that provides teachers and other adults in school with the practical tools to embed leadership within their PE lessons and develop leadership beyond the classroom.
<u>Active Literacy</u>	A one-day practical course that uses the context of PE and sport alongside practical learning approaches to support the teaching of English across primary schools.
<u>Active Maths</u>	Active Maths uses PE and physical activity to raise achievement in maths. It helps to support progress and attainment across the whole school, and raises aspirations to narrow the learning gap.
<u>Active Spaces</u>	A three-hour course that focuses on understanding the importance and benefits of creating active spaces in a school and empowering delegates to innovatively design, plan and maximise available space
<u>Athlete Mentor Visits</u>	Athlete Mentor visits use elite athletes as a vehicle to transform the aspirations of young people.

<u>Healthy Movers</u>	Delivered through resources and training for both the practitioner and family, Healthy Movers aims to develop physical literacy in children.
<u>High Quality Subject Leadership</u>	These courses will develop strategies for embedding high quality PE and school sport within a primary school, using it as a tool for whole school achievement.
<u>Leading Achievement Through PE</u>	A one-day theory course that raises awareness of the impact physical activity and PE can have on the achievement of targeted groups of students and whole school outcomes.
<u>Leading high-quality teaching and learning in PE across the school</u>	A one-day theory course for experienced teachers who lead PE or teaching and learning across a school
<u>Living for Sport</u>	The Living for Sport programme has been proven to tackle declining emotional wellbeing and boost confidence and resilience in young people
<u>Maths of the Day</u>	Maths of the Day is an online resource that provides 2000+ lesson plans on how to deliver the maths curriculum through physical activity.
<u>My Personal Best Primary</u>	My Personal Best Primary promotes a whole school approach to teaching and learning in PE, where life skills and values such as co-operation, responsibility and resilience are taught explicitly through PE.
<u>One hour Group Workshops</u>	These one-hour sessions, exclusive to YST Members, provide evidence based good practice on the topical issues for primary schools.
<u>PE assessment and feedback</u>	A one-day theory course for classroom teachers and PE subject coordinators, who would like support in recognising the principles of high quality assessment.
<u>PE Lesson Planning & Curriculum Design</u>	A one-day theory course for classroom teachers and PE subject coordinators who would like to further develop an understanding of what an effective PE curriculum looks like
<u>Power of an Active School</u>	A half-day theory course aimed at Key Stage 1 and Key Stage 2 teachers who lead PE or the development of healthy active lifestyles across a school.
<u>TOP Coach</u>	TOP Coach enables coaches to ‘bridge the gap’ between current minimum deployment standards, and the new Professional Standards for Coaches.
<u>TOP PE</u>	TOP PE resources and training will support

	delivery of high quality physical education, physical activity and school sport to young people aged 7-11.
Top Play	TOP Play has been designed to build and develop a child's movement foundation through activities that focus on fundamental movement skills.
TOP Sport	TOP Sport has been designed to focus on the development of movement and skills that are then applied to suitable small sided games that support development into the playing of all games.
TOP Start	TOP Start supports primary teachers in delivering PE and developing physical literacy in children aged 4-7.
TOP Transition	TOP Transition is a one-day practical course for primary PE Leads and their feeder secondary school PE department

Secondary Education

Repositioning PE at the heart of the secondary curriculum will demonstrate how it can improve physical, emotional and social wellbeing. YST's range of solutions can help achieve this goal:

Resource Title	Description
Athlete Mentor Visits	Athlete Mentor visits use elite athletes as a vehicle to transform the aspirations of young people.
Get Exam Fit	Get Exam Fit is a package of support to help students build in confidence, manage their physical and emotional wellbeing and achieve their potential in school exams.
Improving Wellbeing through Physical Education	This part-day course will support you to implement the areas covered in the 'Improving wellbeing through secondary Physical Education' resource and workshop
Living for Sport	The Living for Sport programme has been proven to tackle declining emotional wellbeing and boost confidence and resilience in young people.
My Personal Best	My Personal Best aims to develop life skills, leadership and employability skills in young people such as empathy, teamwork and

	resilience.
<u>One Hour Group Workshops</u>	These one-hour sessions provide evidence based good practice on the topical issues for secondary schools
<u>'Power Of' Series</u>	Part-day or twilight CPD sessions covering the areas that secondary schools tell us are impacting on PE in their schools. They are for teachers, and subject leaders of secondary PE.
<u>TOP Transition</u>	TOP Transition is a one-day practical course for primary PE Leads and their feeder secondary school PE department.
<u>World Leading Subject Leadership CPD</u>	These are one-day courses that can be accessed as stand-alone courses or as a series of modules. They have been written by teachers for teachers.
<u>Youth Sport Award</u>	The Youth Sport Award is a unique award scheme that puts health and wellbeing at the heart of developing young people, ensuring a brighter future for generations to come.
<u>YST Talent</u>	Our online Talent portal supports schools to help young athletes, coaches and officials to achieve their sporting and academic potential.

YST Webshop

Formerly known as Youth Sport Direct, the webshop platform can be used to purchase e-learning, digital resources and high-quality sports equipment to support your delivery of sport and physical activity.

To find out more: <https://www.youthsporttrust.org/resources-and-learning/resources-library/yst-webshop>

It is just as important for those working in the Health sector as it is for those in the Physical Activity sector to understand the benefits of and have the confidence to prescribe physical activity to patients during consultations. In a recent survey, 67% of health care workers felt they did not have the confidence to advise or prescribe Physical Activity to their patients & 85% of health care workers had received no training in physical activity. Here we look to address these gaps with a number of training opportunities outlined below: (as well as what is included in the generic offer included within this brochure)

Physical Activity Training for Health Sector Workers

Active Suffolk are offering physical activity training sessions for anyone working in or wanting to be involved in a health sector setting including GP receptionists, nurses, doctors as well as anybody who is a key contact in the community who wants to become a Physical Activity champion.

The key objectives of this course are:

- Understand the importance, impact, guidelines and types of physical activity
- Increase confidence in talking and prescribing physical activity in your role
- Improve your knowledge of local physical activity opportunities, services and resources
- To provide an overview of our Active Wellbeing service

To find out more or to register your interest in this training please contact Susannah.challis@activesuffolk.org

Physical Activity in the Treatment of Long Term Conditions

These free E-Learning modules developed in association with Public Health England focus on understanding how physical activity is important in the prevention and treatment of a number of conditions:

- Cancer
- Diabetes
- Osteoarthritis and lower back pain
- Cardiovascular disease
- COPD and asthma
- Mental health (depression and anxiety)

After completing this course of modules, you should:

- Know how physical activity compares with other modifiable behaviours, such as smoking and diet, as a risk factor for mortality
- Know the Chief Medical Officer guidelines for physical activity in the UK
- Understand the mechanisms behind how physical activity can both prevent and treat a range of major diseases

Training is free and available through BMJ Learning:

https://learning.bmj.com/learning/course-intro/physical-activity.html?courseId=10051913&locale=en_GB.