

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 7 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	BRIEF DESCRIPTION
<i>Available in Suffolk on request and subject to demand from practitioners (at cost)</i>	<i>The Wright Foundation is the brand leader in Exercise Referral and Specialist Populations Exercise Qualifications and offer the Lvl3 GP Referral (8 cost) 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. This course is accredited by CIMSPA giving the learner 10 CPD points.
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. This course is accredited by CIMSPA giving the learner 10 CPD points.
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.