

THE JOINT MOVEMENT® TRAINING COURSE OVERVIEW



The Joint Movement® Training Course

PART I: online component

Arthritis Essentials® (MSKINF001 Provide information and strategies for musculoskeletal conditions) is a flexible, self-paced online learning unit consisting of three inter-related modules. The modules provide a comprehensive knowledge base for management of arthritis and musculoskeletal conditions, and cover anatomy relevant to arthritis and musculoskeletal conditions; the main categories and types of musculoskeletal conditions; and best practice management strategies. It is a core unit within the nationally accredited 10168NAT Course in Management of Musculoskeletal Conditions. Completion of the unit, including all assessment tasks, should take approximately 7 hours.

PART II: face-to-face practical component

This two day face-to-face component of the Joint Movement Training Course involves holistic delivery and assessment of the remaining core unit (SISFIT011 Instruct approved community fitness programs) with one elective unit (either warm water or strength exercise). This component of the training has a strong practical emphasis and will provide the necessary skills, knowledge and resources to lead a licensed Joint Movement group (warm water or strength exercise) program.

CERTIFICATION

Successful completion of the Joint Movement Training Course will achieve the nationally recognised qualification 10168NAT Course in Management of Musculoskeletal Conditions. The course is delivered and assessed by Arthritis & Osteoporosis Tasmania (RTO Provider 60108).



PROFESSIONAL DEVELOPMENT

The ESSA Professional Development Committee certifies that Part I of this Professional Development offering meets the criteria for 7.5 Continuing Professional Development (CPD) Points; and Part II meets the criteria for 15 CPD Points.



ESSA does not imply endorsement of the sponsoring organisation's products/services.

ABOUT THE TRAINING COURSE

Developed by the country's peak arthritis body Arthritis Australia with the support of leading health and fitness experts, The Joint Movement® is an arthritis focussed group exercise program designed to improve health outcomes for people with arthritis or other related conditions.

The Joint Movement® Training Course will provide the skills, resources and knowledge you need to become a licensed Joint Movement Leader, essential for delivering a Joint Movement group (warm water or strength exercise) program.

Successful completion of the Joint Movement Training Course involves completion of three units of competency from the nationally recognised 10168NAT Course in Management of Musculoskeletal Conditions – two core units and one elective unit. The course is delivered and assessed by Arthritis & Osteoporosis Tasmania (RTO Provider 60108) in two compulsory parts – Part I: an online component (being one core unit) and Part II: a face to face 2 day training workshop (being one core unit and one elective unit).

It is recommended that the online component (Part I) be completed prior to completing the face to face practical training component (Part II) of the Joint Movement Training Course.



MORE INFORMATION

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