Paediatric Exercise Rehabilitation


Fundamental Movement Skills to Specialised Prescription

Course Information

This PDO aims to extend participants understanding paediatric exercise rehabilitation from the development and training fundamental movement skills and motor proficiency, to paediatric assessments and exercise prescription in clinical paediatric populations.

In addition to a series of online lectures, the face-to-face workshops will contain practical components including paediatric assessments focused on standardised movement assessments, and physiological and strength assessments for clinical and typically developing children and adolescence. The design and implementation of training programs for FMS and fitness in children and adolescents will also be highlighted providing attendees with practical strategies and tools to use in typically developing and clinical populations.

Focusing on clinical paediatric populations there will be theoretical, practical and key considerations for an exercise physiologist or movement therapist working with children and adolescents working across a range of clinical groups. Pathologies and impairments discussed include obesity and metabolic syndrome, cancer, neurological, musculoskeletal and neurodevelopmental conditions (e.g. Autism, ADHD, DCD). Participants will be required to demonstrate the selection of appropriate assessment techniques, interpretation of results and implementation of exercise rehabilitation program based on assessment results across a variety of cases and conditions.

Presented by the UWA Paediatric Exercise Program and Research Team:

A collaborative group of clinicians, academics and researchers with a vast range of experiences in both paediatric clinical practice and research. Additionally, the team delivers unique community based paediatric exercise programs catering for children across a range of ages and clinical presentations including neurodevelopmental conditions, physiological impairments and psychosocial conditions.

More information on the programs and team can be found at [www.sseh.uwa.edu.au/community/pep](http://www.sseh.uwa.edu.au/community/pep)

Course Schedule:

<table>
<thead>
<tr>
<th>Perth</th>
<th>Melbourne</th>
<th>Sydney</th>
<th>Brisbane</th>
<th>Adelaide</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>When?</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sat 6th Feb</td>
<td>Sat 13th Feb</td>
<td>Sat 20th Feb</td>
<td>TBC</td>
<td>TBC</td>
</tr>
<tr>
<td>8.30am-5.00pm</td>
<td>8.30am-5.00pm</td>
<td>8.30am-5.00pm</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sun 7th Feb</td>
<td>Sun 14th Feb</td>
<td>Sun 21st Feb</td>
<td></td>
<td></td>
</tr>
<tr>
<td>8.30am -1.00pm</td>
<td>8.30am-1.00pm</td>
<td>8.30am -1.00pm</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Location:</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>School of Sport Science, Exercise &amp; Health - Parkway, Entrance #3 Crawley</td>
<td>Australian Catholic University Lvl 7, Daniel Mannix Building, 17 Young Street, Fitzroy</td>
<td>Australian Catholic University Lvl 2, Edward Clancy Building, 163-167 Albert Road, Strathfield</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Continuing Professional Development (CPD) Points:

- ESSA Accreditation currently under review (minimum 7.5 CPD points)
- CPD points may be available through other registration bodies based on scope of practice. Check your registration body guidelines.

The University of Western Australia (M408), LB 5005 Perth WA 6001 Australia

T +61 8 6488 3333  
F +61 8 6488 1039  
E pep-sseh@uwa.edu.au  
W sseh.uwa.edu.au/community/pep
REGISTRATION FORM – Once completed, please return to pep-sseh@uwa.edu.au or fax 08 6488 1039

Title: __________________________ First Name: __________________________ Surname: __________________________

Address: __________________________________________________________________________________________________________________________________________________

City: __________________________ State: __________________________ Postcode: __________________________ Phone: __________________________

Email: __________________________

Any specific dietary requirements, if applicable: __________________________________________________________________________________________________________________________________________________

Registration (please circle city below):

<table>
<thead>
<tr>
<th>City</th>
<th>Dates</th>
</tr>
</thead>
<tbody>
<tr>
<td>Perth</td>
<td>6/2/16-7/2/16</td>
</tr>
<tr>
<td>Melbourne</td>
<td>13/2/16-14/2/16</td>
</tr>
<tr>
<td>Sydney</td>
<td>20/2/16-21/2/16</td>
</tr>
</tbody>
</table>

Early-bird date: 6 January 2016

Payment details:

Early-bird
☐ $450 ESSA member or other allied health professional membership (ie. APHRA, SMA)
☐ $230 Already completed FMS modules with ESSA in 2015 (1-day additional modules)

Standard
☐ $500 ESSA member or other allied health professional membership (ie. APHRA, SMA)
☐ $270 Already completed FMS modules with ESSA in 2015 (1-day additional modules)

**PLEASE NOTE:** If you attended the first workshop we delivered for ESSA in early 2015 (“FMS & Motor Proficiency”) you are only required to attend from Midday Saturday as the morning content is revision. You will still have access to all online content and are invited to attend the Saturday morning if interested. Please indicate your preference by circling response below:

⇒ I will / will not attend the Saturday morning session

Payment can be made by credit card or a cheque/money order. All professional development must be prepaid

TAX INVOICE ☐ Please forward me a tax invoice for payment

CHEQUE ☐ I have attached a cheque (Made payable to “The University of WA”)

CREDIT CARD I authorise UWA to debit the following card for the amount of $ __________________________

☐ Visa ☐ MasterCard

Card number: __________________________________________ Expiry: __/___ Signature: __________________________

Terms & Conditions:

Confirmation
You will receive a confirmation via email within 5 working days of your registration and payment being received by UWA.

Payment Policy
• All Professional Development must be fully prepaid and received by UWA prior to the event.
• Payment can be made via cheque or credit card (Visa and MasterCard only)
• To receive the earlybird rate, registration with payment must be received by UWA by the nominated date. If payment is not received by this date, your registration fee will automatically be amended to the standard rate

Substitution Policy
A minimum of 3 working days notice is required providing full details of substitute attendee. Please forward information to pep-sseh@uwa.edu.au

Cancellation Policy
If you wish to cancel any course, written notice must be provided to UWA at pep-sseh@uwa.edu.au

Cancellation fees are below (based on the day of written notification):
• 30 days prior to workshop: Full refund provided
• 29-15 days prior to workshop: 25% of your registration or $50 whichever is greater
• 14-0 days prior to workshop: 100% of registration

Registration Numbers
All of UWA’s professional developments have a strict maximum number. Once this number is reached, no further registrations will be accepted. A waitlist will be offered if this occurs.

If insufficient registrations are reached UWA reserve the right to cancel any course and 100% of your registration will be returned. UWA take no responsibility for any additional costs incurred by the delegate.

The University of Western Australia
(M408), LB 5005 Perth WA 6001 Australia
T +61 8 6488 3333
F +61 8 6488 1039
E pep-sseh@uwa.edu.au
W sseh.uwa.edu.au/community/pep