

# Arthritis Foundation Exercise Leader Training

(Formerly known as PACE)



*Help make a difference in your community  
and register today!*

The Arthritis Foundation Exercise Program movements were developed by physical therapists to address the pain, fatigue and decreased strength that often accompany the disease. The low-impact class may be taken either standing or sitting, whichever is most comfortable. The routines use gentle range-of-motion movements that are suitable for every fitness level. Classes last about one hour and the routines can be quickly learned for easy adaptation at home. While every individual is unique, many people who complete the Arthritis Foundation Exercise Program enjoy the following benefits:

- Decreased pain
- Increased flexibility and range of motion
- Better, more relaxed sleep
- Increased energy
- Improved outlook
- Improved overall health status

*Please review the pre-requisites & qualifications attached.*

**WHEN:**

Friday, October 10, 2008  
8:00 am–5:00 pm

**WHERE:**

Boonslick Senior Center  
415 Main St  
Boonville, MO

**COST:**

*FREE to leaders who commit  
to leading a class within 6  
months of the training and  
submitting participant data.*

**REGISTRATION REQUIRED:**

Contact Amber Phelps  
(573) 882–8097  
phelpsam@missouri.edu

**Other Courses Available:**  
Arthritis Foundation Self Help  
Chronic Disease Self Management

Contact CEMRAC for additional  
information or visit our web site at  
[www.marrtc.org/community/regional](http://www.marrtc.org/community/regional)



MU—School of Health Professions  
Stephens College Campus, Hillcrest Hall  
1507 E Broadway  
Columbia, MO 65215

**ROLE:** Plan & lead quality AFEP classes for people with arthritis.

**QUALIFICATIONS:**

1. Certification as an AFEP Instructor requires:
  - Successful completion of an AFEP Instructor Training Workshop.
  - Successful teaching of at least six one-hour AFEP classes within six months of completing an AFEP Instructor Training Workshop and submission of participant data to the Regional Arthritis Center (RAC).
  - Teaching at least one class series annually and submission of participant data.
  - Attendance at recertification training every three years.
2. Background, education and/or relevant experience in an exercise, fitness or health-related field such as physical or occupational therapy, recreational therapy, physical education, nursing, exercise physiology, kinesiology, dance therapy or movement therapy. (A person's background in related education or work with the elderly, disabled or other special populations may be considered at the discretion of the AF in lieu of this qualification.)
3. Current certification in cardiopulmonary resuscitation (CPR) is required, and first aid certification is strongly recommended.
4. Affiliation with a facility or organization that can provide space for the exercise classes and insurance coverage for the program.
5. Other desirable abilities include:
  - Empathy towards people with arthritis and related diseases gained through personal or professional experience.
  - Interest in working with groups of people with arthritis and related diseases.
  - Experience in teaching exercise classes and skill in group process and instructional techniques.
  - Desire and ability to help others.
  - Strong belief in the value of regular physical activity.

**RESPONSIBILITIES:**

1. Commit to following all AFEP policies and conduct all class sessions in accordance with the *Arthritis Foundation Exercise Program Instructor's Manual and Guidelines and Procedures Manual*. Sign a Statement of Understanding to document this commitment.
2. Participate in pre-class planning & activities as time & ability allows to ensure successful classes.
3. Establish & enforce guidelines for participants & monitor safety.
4. Understand & comply with the facility's emergency policies, procedures and practices.
5. Take attendance at every class & submit timely & accurate participant data & release forms from new participants on a quarterly basis or as required by the AF.
6. Participate in evaluation procedures established by the AF.
7. Inform class participants about other AF & RAC resources & activities.
8. Communicate problems, concerns, questions or suggestions to the AF.

**TIME COMMITMENT:**

- Attendance at a one-day instructor training workshop
- Attendance at recertification workshop every 3 years
- Preparation time (approximately 1-2 hours)
- Class time (approximately 12-16 hours per 6-8 week class series that meets twice a week)
- Logistics time (approximately 2-4 hours per class series)