



AEA Arthritis Foundation Program Leader Training Course Online Course Detail

What is included with the Online Course?

- Seven (7) self-paced educational lessons corresponding to each chapter of the AEA Arthritis Foundation Program Leader: A Training Guide for Exercise & Aquatic Programming (Manual).
- Access to the complete digital version of the Manual (e-Manual). Access continues after the course has been completed.
- Access to the full Video Movement Library (total of 3+ hours of video between both the Exercise and Aquatic programs.) Access continues after the course has been completed.
- Direct link to the Online Examination once all seven lessons are completed.

What are the benefits of and advantages of the AEA Arthritis Foundation Program Leader Training Course?

- Accessibility – By initiating the course via online access, everyone (on a global scale) can become trained as Program Leaders in a timely manner, usually within the convenience of the individual's home.
- Self-paced – Not restricted to the scheduling considerations of an in-person workshop, this course can be completed as appropriate for the individual.
- Interactive – Although not an in-person program, it is designed to be interactive through video clips of exercise demonstrations, power point presentations, recorded teaching tips from Program Leader Trainers, and additional learning tools such as Q&A applications.
- Manual Resource – The online course offers direct access to the 300+ page e-Manual that serves as a study guide and reference tool for program development and leadership.
- Video Resources – The online course offers direct access to the Video Movement Library featuring all diagramed exercises (for the designated course) from the Manual. Having access to the video library provides future, continuous reference to proper exercise performance and cueing tips, along with variations, progressions and caution points where appropriate. (Whereas an in-person workshop allows direct feedback for the short period of time the course encompasses, the Video Movement Library offers an indefinite reference tool for exercise accuracy.)

NOTE: The value of live, in-person training is recognized and AEA is offering a supplemental workshop that will reinforce the practical aspects of the programs.