

Rebound Therapy Practitioner course – online version

Learning Objectives



Learner Objectives <i>Upon completion of the Rebound Therapy Practitioner online training programme, learners will be able to:</i>	
1	Explain the benefits of Rebound Therapy and understand its limitations.
2	Evaluate their environment to identify risk and create an environmental risk assessment.
3	Demonstrate the basic exercises of trampoline gymnastic movement which comprise the Rebound Therapy learning framework
4	Explain and demonstrate how Rebound Therapy skills and techniques can be adapted to suit the needs of participants with complex needs and differing ability levels using a variety of resources.
5	Create an effective Rebound Therapy session plan which will be confidently adapted and personalised on a student-centred basis as necessary in each individual case. Learners will understand when it is necessary to seek further information or advice from a medical practitioner to enable a person's needs to be met.
6	Evaluate the specific needs of participants, and know when it is appropriate to liaise with medical professionals to create an Individual Risk Assessment.
7	Critique their own ability and confidence in executing the skills and techniques involved in the Rebound Therapy programme and identify any areas where further work may be needed (if applicable).
8	Understand the Huddersfield Functional Index and its correlation to the Winstrada Trampoline Development Programme.
9	Develop accurate progress records for Rebound Therapy participants and add / update objectives as necessary for their participants.

Course Structure

Learning Objectives	Module	Title	Guideline Duration
1	1	Introduction and Benefits	6 hours
2, 6	1	Risk Assessments and Health and Safety	
3, 4	2	Study of practical video	3.5h
8, 9	3	The Huddersfield Functional Index	2.5h
1, 5	4	Assessment Paper	3.5h
3, 7	4a	Assessment Revisions	1h
	5	Practical work: Rebound Therapy skills and techniques	3h
	5a	Revisions to practical work	1h
	6	Self-Assessment Form and Certification	15 minutes