

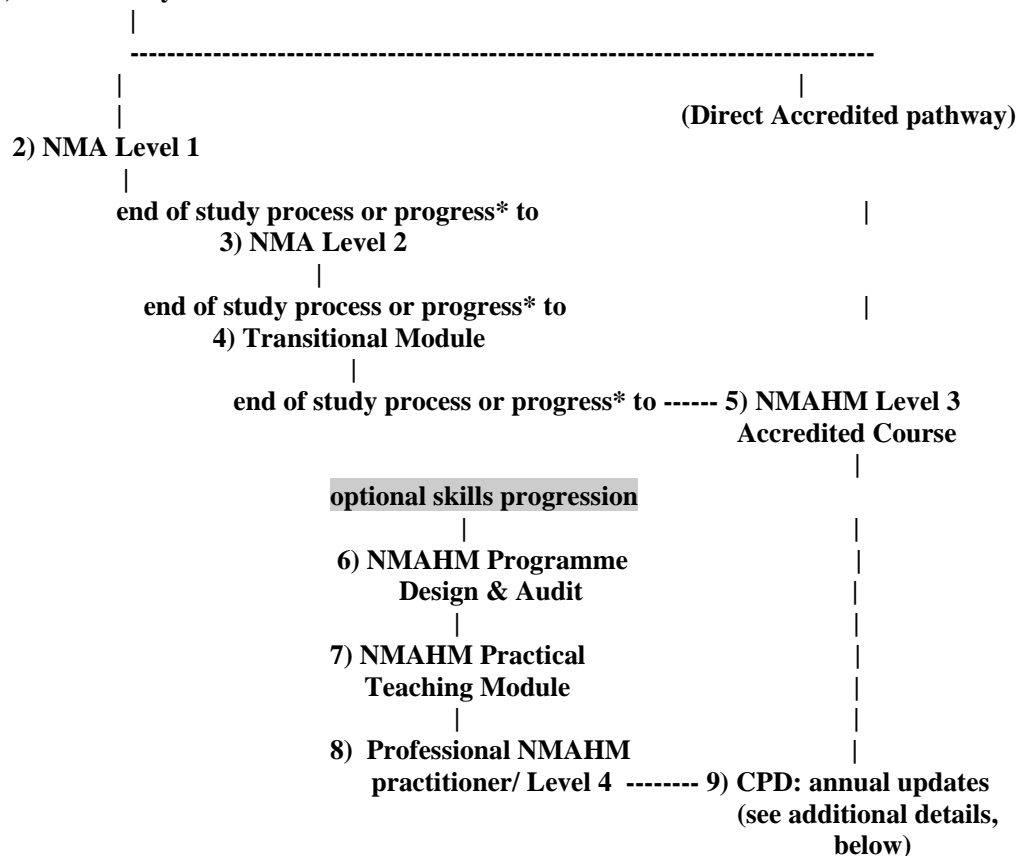


SUMMARY: RANGE OF COURSES

The following chart overviews possible pathways of defined NMAHM® study available through MovES Ltd.

Other clinical skills courses are also offered where the translation of the NMAHM® into eg defined clinical practice can be supported

1) Introductory Module



1) NMAHM® INTRODUCTORY MODULE:

Time period: 1 day

Target group:

- a) anyone with an interest in personal and professional movement skills
- b) for those without prior knowledge or experience of the NMAHM®
- c) for those who wish to explore the NMAHM®, and possible future study with MovES Ltd/ MovES Academy of Neuromuscular Approach Studies (MANAS)

Entry criterion: as per Target group information, above.

It is preferable that people attending should be able to fully participate in course activities; they should be able comfortably to sit, move around the room, and participate in practical work.

If you are not sure of your abilities for these activities, or feel you may require additional support, or an alternative solution to module attendance to be devised, please contact MovES Ltd.

Pre-module activity: nil required

Aims:

To present an introduction to the concept of the Neuromuscular Approach to Human Movement (NMAHM®), and briefly overview the opportunities for further knowledge and skill development via course/ study pathways as developed and delivered by MovES~Movement Education Services Ltd.

Purpose of module:

For those with no prior knowledge or experience of the NMAHM® this forms the entry module for the range of NMA courses offered by MovES Academy of Neuromuscular Approach Studies (MANAS) course pathways as developed and delivered by MovES~Movement Education Services Ltd.

Although it begins the process of knowledge and skills review regarding movement/ exercise/ manual handling it is essentially designed to enable an initial contact with the NMAHM® method/ system/ practice, and to allow attendees to make an informed choice whether they wish to commit to personal and professional study and development upon this subject.

NB Exemption from attendance at this module may be possible through evidenced attendance and completion of an equivalent, NMA-named induction process led by suitably qualified persons as per MovES Ltd/ Standards of NMAHM® Practice.

2) NMAHM® Level 1:

Time period: 6 contact days in total (normally 3 consecutive contact days + 4-6 wks course work + 3 contact days (the latter to include theoretical & practical assessment)).

Normally advised to be commenced within 3 months of completing the Introductory Module.

Entry criteria:

Completion MovES Ltd NMAHM® Introductory Module / completion of an equivalent, NMA-named induction process led by suitably qualified persons as per MovES Ltd/ Standards of NMAHM® Practice.

It is preferable that people attending should be able to fully participate in course activities; they should be able comfortably to sit, move around the room, and participate in practical work.

If you are not sure of your abilities for these activities, or feel you may require additional support, or an alternative solution to module attendance to be devised, please contact MovES Ltd.

Pre-module activity: pre-module reading and reporting of a movement activity to be completed prior to Day 1 of the Level 1 module.

Purpose of module/ target group:

This module is intended to review and expand on the content of the Introductory Module, and begin to progress attendees to a level of knowledge required to act as a novice autonomous practitioner with regard to personal self-care (see also Standards of NMAHM® Practice).

The MovES Ltd Level 1 process includes:

- review and development of knowledge and experience of the effects of movement
- support of personal psychomotor skill development
- consideration of the role of movement in risk assessment
- review and development of risk assessment skills

Practitioner registration:

Successful completion of the module/ an equivalent pathway of study*may allow registration with MovES Academy of Neuromuscular Approach Studies (MANAS) as a Student/ Level 1 member

* for those who may have studied NMAHM with bodies other than MovES Ltd application to this membership level may be made and will be subject to practical and theoretical assessment

3) NMAHM® Level 2:

Time period: 6 contact days in total (3/4 consecutive contact days + 4-6 wks course work + 3/2 contact days (the latter to include theoretical & practical assessment)).

Normally advised to be commenced within 3 months of completing the MovES Ltd Level 1.

Entry criteria:

Completion MovES Ltd NMAHM® Level 1 / completion of an equivalent*, NMA-named process led by suitably qualified persons as per MovES Ltd/ Standards of NMAHM® Practice.

* for those who may have studied NMAHM with bodies other than MovES Ltd application to this module may be made, and acceptance will be subject to successful practical and theoretical assessment

Pre-module activities:

Ongoing study/ consolidation/ development activities, and pre-Level 2 module preparatory work required to be completed prior to Day 1 of the Level 2 module.

Purpose of module/ target group:

This module is intended to review and expand on the content of MovES Ltd NMAHM® Level 1, and begin to progress attendees towards attaining the level of knowledge and skill legally and professionally required of a Link-worker (Manual Handling)/ clinical practitioner equivalent (see also Standards of NMAHM® Practice))

- further development of knowledge of the anatomical, physiological and developmental effects of movement
- support of personal psychomotor skill development
- review and development of risk assessment skills
- development of the role of movement in risk assessment, with the aim of further enabling safety in practice

Practitioner registration:

If you have successfully completed MovES Ltd NMAHM® Level 2/ equivalent pathway of study* you may apply to become a Level 2/ Student member of MANAS.

* for those who may have studied NMAHM with bodies other than MovES Ltd application to this membership level may be made and will be subject to practical and theoretical assessment.

4) NMAHM® Transitional Module:

Module arrangements/ Time period:

This module is normally delivered as a part-taught (2 contact days), and part self-study module.

Tutor/ facilitator support will be available to students undertaking the module over the self-study period.

Subject to evidenced study abilities it may be possible to solely undertake as a self-study module.

It is suggested that to maintain the learning impetus and educational process entry to the conversion/ transitional module should be commenced at a maximum time period of 2 months from successfully completing Level 2.

Entry criteria:

Normally entry to the Transitional Module is governed by fulfilling the initial entry requirements for the accredited course, but for a variety of reasons the student will have undertaken the alternative pathway (normally via successful completion of MovES Ltd NMAHM® Introductory module, Level 1 and Level 2, or equivalent* processes).

Entry to the Transitional Module may also be granted to those who demonstrate study aptitude via completion of MovES Ltd NMAHM® Level 1 & 2 modules, and who have gained a pass mark at all assessed activities.

It is also required that students continue to practice Conditioning (Patterning and Specific), and practical NMAHM application to maintain previously acquired levels of skill, and/ or to further develop such skills.

* for those who may have studied NMAHM® with bodies other than MovES Ltd, application for entry to this level of study may be made and will be subject to practical and theoretical assessment

Purpose of module:

This module is intended to review and expand on the content of MovES Ltd NMAHM® Level 2, and begin to progress attendees towards attaining the level of knowledge and skill legally and professionally required of persons who wish to begin to act as an autonomous professional facilitator of movement (see also Standards of NMAHM® Practice).

5) NMAHM® Level 3: (Accredited Course)

- 15-18 months: consists of 17 contact days organised in 3-5 consecutive day blocks with ongoing guided/self-study activities (to include theoretical & practical assessment at various stages)
- Accredited by University of Greenwich (30 CATS points, level 3)

Entry criteria:

This course is particularly designed for professional healthcare personnel who have achieved diploma or degree level qualification which includes study of life sciences related to movement, particularly human anatomy and physiology.

Entry to the accredited course may be granted via successful completion of the alternative pathway of study, and is normally subject to prospective candidates demonstrating pre-requisite study abilities for the accredited course via APL/ APEL. Allowance may be granted to those who demonstrate study aptitude via completion of MovES Ltd Introductory module/ equivalent*, and gained a pass mark at all assessed activities within Level 1 & 2 and the Transitional Modules.

Students who successfully follow this pathway, and are otherwise directly eligible for the accredited course will be exempted from some of the accredited course activities.

Whether following the normal, or alternative mode of entry it is required that students continue to practice Conditioning (Patterning and Specific), and practical NMAHM application to maintain previously acquired levels of skill, and/ or to further develop such skills.

* for those who may have studied NMAHM with bodies other than MovES Ltd application for entry to this level of study may be made and will be subject to practical and theoretical assessment

Pre-course activities:

If following the standard mode of entry, pre-course preparatory work is required to be completed prior to Day 1 of Stage 1.

Purpose of course:

This course is intended to review and expand on the content of NMA Introductory Module, or equivalent* NMAHM introductory processes, and begin to progress attendees towards attaining the level of knowledge, skill etc legally and professionally required of persons who wish to begin to act as an autonomous professional facilitator of movement (see also Standards of NMAHM® Practice).

*: for those who may have previously undertaken a NMA-named induction process led by suitably qualified persons as per MovES Ltd/ Standards of NMAHM® Practice.

Practitioner registration:

Successful completion of the course may allow registration with MANAS as an Associate member.

6) NMAHM Programme Design & Audit: 2 contact course days

Target group:

For those wishing to fast-track the organisation and synthesis of acquired information, knowledge etc to enhance the assimilation into developing, delivering and auditing programmes based upon the NMAHM®

Entry criteria:

Successful completion NMAHM® Level 3

Pre-module activities:

Pre-module reading and defined preparatory activities

Purpose of module:

This module is intended to begin to progress attendees toward attaining a level of knowledge and understanding required to appropriately inform the development, delivery and audit of an NMAHM educational process (see also Standards of NMAHM® Practice)

Assessment will be based upon the completion of post-module activities.

7) NMAHM Practical Teaching Module: 2 contact course days

Target group:

For those wishing to develop practical teaching skills in relation to presenting defined NMAHM® programmes / developing programmes based upon the NMAHM®

Entry criteria:

Successful completion NMAHM® Level 3

Pre-module activities:

Pre-module preparatory activities

Purpose of module:

This module is intended to begin to progress attendees toward attaining a level of knowledge and understanding required to appropriately inform the delivery and audit of a NMA educational process (see also Standards of NMAHM® Practice)

Assessment will be based upon the completion of post-module activities.

8) NMAHM® Level 4:

Target group:

- for committed NMAHM practitioners who can evidence ongoing application of NMAHM in personal and professional life; are motivated to support themselves and enable other people gaining & developing NMAHM knowledge & skills, are sufficiently musculo-skeletally conditioned to be able to properly and accurately demonstrate fully, and participate in leading and developing practical activities within an appropriate professional and legal environment.

and who are committed to becoming directly involved in:

- critical monitoring of NMA processes
- research and development of the NMA

acting as an Accredited Facilitator for MovES Ltd/ MovES Academy of Neuromuscular Approach Studies course processes.

The defined focus of the course will be to generate personnel who can act as reliable and accurate sources of information related to the principles and practice of the NMAHM within his/her defined area of professional practice.

Pre-requisite:

- invitation from/ successful direct application to Moves~Movement Education Services Ltd.
 - appropriate professional qualifications, normally:
 - a life-science and/ or healthcare background sufficient to indicate that the practitioner has knowledge of, and can recognise the physiological/ anatomical/ developmental consequences of movement
 - a defined back-care advisor, equivalent or higher qualification sufficient to indicate that the practitioner has knowledge of current and valid musculo-skeletal injury models, and methods of risk reduction
 - a teaching or training certificate/ diploma/ degree to indicate that the practitioner has knowledge of, and can generate aims/ learning outcomes/ objectives appropriate to resources allocated, and can develop assessment and evaluation strategies

Prior experience, and previous employment track records may be taken into account for personnel who are working towards such qualifications, or who do not fulfil the normal entry requirements.

- completion NMAHM Level 3 preferably within last 2 years*
- completion Levels 6* NMAHM Programme Design & Audit & 7* NMAHM Practical Teaching Module preferably within last 1 year
- evidence of ongoing application of NMAHM in personal and professional practice
- successful completion of submitted course work and practical assessments

*= APL/ APEL may be available for person's not following these routes to equivalent levels attained by those undertaking the contemporary MovES Ltd pathway.

Module length:

The Level 4 process comprises a series of linked modules which are designed to allow attendees to re-visit their acquired knowledge, level of skill and experience of the NMA, and review their level of understanding, the degree of organisation, assimilation and synthesis of information, and this in the light of contemporary legal, professional and research evidence.

Some modules are designed for self-study; some will require attendance.

Some of the modules are core to the 2 primary routes of the NMA (moving & handling, and clinical management including developing exercise programmes), and some follow one of these routes more specifically.

The Level 4 process is intended as a mechanism to directly support the development/ expansion of MANAS in supporting one of the longer term goals ie of becoming a fully autonomous, respected body with regard to providing and auditing the necessary phases of professional development of professional practitioners.

Practitioner registration:

Successful completion of the course may allow registration with MANAS as a Registered Member, and with MovES Ltd as an Accredited Facilitator.

9) CPD: annual updates

Post-course/ post-module: MovES Ltd/ MANAS offers a facility for ongoing skills maintenance, and potential further skills development via various activities, including annual/ bi-annual updates.

NB annual updating forms an ongoing requirement for cpd/ maintenance of most levels of MANAS membership status

9a) Open contact annual update: 2 days

Purpose of module:

- General practical skills maintenance via review and update
- In order to allow people who have allowed their annual/ biannual NMA cpd to lapse and who wish to continue their NMA practice are encouraged to update, and begin to identify their study/ practice needs before more formal entry requirements for updating/ cpd are instigated.
- Some 'open' access updates will be scheduled for the remainder of 2008- Spring 2009, and the number of dates will be set according to demand.
- From Spring 2009 MovES Ltd updates will become closed, and focus around defined skill levels (see below)

Dates for open access updates will be placed on the MovES Ltd web-site as they are arranged (see www.moves.org.uk).

For defined groups, in-house sessions can be organised: please contact info@moves.org.uk

Open update detail:

The entry requirements for the open contact update are:

- successful completion of the MovES Ltd Neuromuscular Approach to Human Movement (NMAHM) Accredited course within the last 3 yrs; **and/ or**
- prior attendance at a MovES Ltd NMAHM update, normally within the last 3 yrs; **and/ or**
- successful completion of Stage 2 of the MovES Ltd NMAHM (post-1995) accredited process, plus regular attendance (1-2 yrly) at MovES Ltd updates to date; **and/ or**
- successful completion of the previous (pre-1995) MovES Ltd accreditation process, plus prior regular attendance (1-2 yrly) at MovES Ltd updates to date

The purpose of updates will increasingly be to enable those who currently purport to practice the NMAHM:

- to begin to identify their current knowledge, skills and level of core NMAHM competences; and
- to identify any additional needs as outlined by the Standards of NMAHM practice, current legal duties and professional responsibilities

Please note: **From Spring 2009: cpd will move increasingly towards a 'Closed' contact annual/ bi-annual update:** these updates will increasingly be focused towards specific skill sets in order to primarily

enable maintenance of acquired knowledge and skills in parallel with the criteria associated with different MovES Ltd NMAHM® study Modules/ MovES Academy of Neuromuscular Approach Studies (MANAS) membership levels.

NB It is proposed that a MovES Ltd NMAHM Record of Achievement & Development (ROAD) will begin to be applied.

*: the ROAD process will constitute a visual record (via CD/DVD), and a written record card to be completed at each stage of review/ development.

The process will begin to be applied to all defined MovES Ltd NMAHM® course processes from Summer 2008 onwards.

9b) Closed contact annual/ bi-annual update: 2 days

From Spring 2009: updates will begin to be focused towards specific skill sets in order to primarily enable maintenance of acquired knowledge and skills.

The level of entry requirements for each level of update will be set accordingly.

Purpose of update module:

The defined focus will be to:

- support the maintenance of specific skills via review and update; and
- (within any limitations of individual professional practitioner registration/ employed role) enable critical review of contemporary theory/ practices in order to generate personnel who can act as reliable and accurate sources of information related to his/her field (including remit/ scope/ limitations of practice), and the appropriate selection/ application of the principles and practice of the NMAHM
- practical skills review and update
- in addition to the monitoring of skills, and support for further development, and updating as necessary any specific focus for each update; selected manoeuvres, points of practice etc will normally be informed by individual needs and negotiated with the group