Fallproof™ Balance and Mobility Specialist Instructor Certification Program

Master Instructor

Eligibility Requirements:

(a) Completion of the Fallproof™ Balance and Mobility Specialist Instructor Certification program with distinction.
(b) A minimum of one year’s experience teaching group-based Fallproof™ balance and mobility training programs in community settings.
(c) Demonstrate outstanding teaching and leadership qualities as indicated by formal feedback received from class participants (using Fallproof™ program survey) and formal evaluation of teaching by core faculty member or previously certified Master Instructor.
(d) Receive an invitation to participate in the Master Level program by the Director of the Fallproof™ Balance and Mobility Specialist Instructor Certification Program.

Course Requirements:

(a) Complete TWO practical competency exam sessions as a non-reimbursed teaching assistant within one year of each other.
(b) Assist certified Master Instructors and/or core faculty lead small group practical training sessions (assessment and program modules) during practical exam session 1. Be informally* evaluated leading small group practical training sessions (assessment and program modules) during practical exam session 2.

* An informal evaluation will consist of Master Instructors and/or core faculty providing verbal feedback to Master Instructor trainees following completion of assessment and/or program module training sessions. A formal evaluation will consist of a written evaluation of performance completed by TWO core faculty members or ONE core faculty member and ONE previously certified Master Instructor.

Master Instructor Certification Requirements:

In order to maintain Master Instructor status, all certified individuals must complete the following requirements:

(a) Participate as a Master Instructor at a minimum of one competency exam session per year at any currently approved site (CSU Fullerton, or Emory University, Atlanta) or future sites to be determined. Master Instructors employed by California State University, Fullerton and participating at an approved site will receive a stipend and all travel, meal, and accommodation.
expenses in accordance with University reimbursement guidelines. Certified Master instructors who are conducting on-site practical exams at other approved locations will be required to participate in at least one practical competency training session at either CSU Fullerton or Emory University in Atlanta every two years.

(b) Maintain an "active" role in all aspects of the Fallproof™ Balance and Mobility Specialist Instructor Certification program. A Master Instructor may be asked to participate in on-line discussions with enrolled students, provide assistance with program-related questions, deliver community presentations related to the Fallproof™ program and related fall risk reduction education, evaluate final report cards submitted by enrolled students, and any other task deemed appropriate by the Director of the Fallproof™ Balance and Mobility Specialist Instructor Certification Program.

A registration card designating Master Instructor status will be issued to all individuals who successfully complete the Master Instructor level of the certification program. This card will be automatically reissued every TWO years if all requirements for maintaining Master Instructor status are met.
Dear ________________:

Congratulations on being accepted into the Master Instructor level of the Fallproof™ Balance and Mobility Specialist Instructor Certification Program. You have been identified as a future Master Instructor because of your exemplary performance during the theoretical and practical portions of the Fallproof™ Balance and Mobility Instructor Specialist Certification program, as well as your previous and current experience instructing/treating older adults in physical activity and/or clinical settings.

As the Fallproof™ Balance and Mobility Specialist Instructor certification program continues to expand within and beyond the United States, the need for highly qualified faculty to staff the program has become increasingly important. You have been invited to become a Master Instructor in this program because you have demonstrated a superior knowledge of the program’s core components and possess the skills needed to effectively and safely implement the program in a group-based setting. The excellent pedagogical skills that you have demonstrated during completion of the certification program will enable us to maintain the highest instructional training standards that have resulted in the Fallproof™ balance and mobility program being recognized as a “Best Practice” Health Promotion program by the National Council on the Aging in 2006.

During the course of the TWO practical exam sessions in which you will participate as an assistant instructor, you will have an opportunity to view the certification program from the “other side”. Instead of being evaluated, you will be the evaluator of students who are completing the final practical competency exam prior to certification. During the first practical exam session, you will also be provided with an opportunity to “fine tune” your skills as a Fallproof™ instructor, first by assisting a core faculty member or previously certified Master Instructor lead the various practical laboratory experiences that are provided to students during the final competency exam and also complete an independent evaluation of the students during the assessment and instructional portions of the program. During the second practical competency exam session, you will be asked to lead these same laboratory experiences and also evaluate students during the assessment and instructional sections of the exam as a member of the certifying team. During the second session you will also be asked to lead a Master class comprised of 8-10 currently enrolled students.

During the first practical competency exam in which you participate as a Master Instructor trainee you will be informally evaluated on your performance by core faculty and/or previously certified Master Instructors. Your goal during the first practical competency exam weekend you attend will be to learn what is required of you as a Master Instructor in the program and to practice teaching the various program assessments and core components of the program to the students-in-
training. You will participate in all faculty meetings that take place during that weekend and have an opportunity to ask any questions related to any of the procedures and/or content taught during the course of the weekend. You will also be asked to provide your own feedback concerning individual student performances during these meetings.

Participation in the first practical competency exam is intended to provide you with a better understanding of how students are evaluated during the practical competency exam and how the exam itself is conducted and feedback provided to the students. Although you are all very much aware of how stressful the practical exam session was for you as students, it is our goal as faculty to provide the BEST learning experience we can for the students attending the exam but also ensure that only those students who we consider are ready to lead safe AND effective Fallproof™ balance and mobility programs are certified. The quality of the Fallproof™ balance and mobility program is only as good as the instructors who are certified to teach it so it is important that you carefully evaluate each student’s readiness to lead group-based balance and mobility programs in the community. Ask yourself whether you would feel comfortable having your older parent or grandparent participating in a Fallproof™ balance and mobility program led by any of the students you are asked to evaluate during the final practical competency exam. Your response will no doubt serve as your best means of evaluating the student’s readiness to lead group-based classes in the community.

During the second practical competency exam in which you participate as a Master Instructor trainee you will be asked to lead (versus assist) small group laboratory experiences and also independently evaluate students during the assessment and instructional portion of the weekend. Your evaluations will be compared to those of other faculty members and informal feedback provided relative to their accuracy and tone. Your readiness to fulfill the role as a Master Instructor in the Fallproof™ Balance and Mobility Specialist Instructor Certification Program will be evaluated during the course of the second weekend. Of course, given the fact that you were INVITED to participate in this level of the program, it is expected that you will have NO difficulty demonstrating your readiness to serve in this role in the program.

During the course of each practical competency weekend, the following activities will be conducted:

(a) Review and practice of Fallproof assessment tools (Fullerton Advanced Balance (FAB) scale; Berg Balance Scale (BBS); 30-Foot Walk at Preferred and Maximum Speed; Walkie-Talkie Test; Chair Stand, Arm Curl, and 8 Foot Up and Go tests from Senior Fitness Test (SFT) battery; Modified Version of the Clinical Test of Sensory Interaction in Balance (M-CTSIB).
(b) Interpretation of test results and management and storage of participant assessments.

(c) Review and practice of core program component modules: COG training; PST training; MST training, and GPEV.

(d) Warm-Up and Cool-Down

In preparation for your participation as either an assistant or lead instructor, it is important that you thoroughly review the Fallproof text, and all other materials (e.g., on-line videos, SFT manual, lesson plans) that are associated with the course.

Congratulation once again on being invited to become a Master Instructor with the Fallproof™ balance and mobility specialist instructor certification program. Please consult the Center for Successful Aging website at http://hhd.fullerton.edu/csa for a schedule of practical competency exam dates and locations.

Sincerely,

Debra J. Rose, PhD
Director,
Fallproof™ Balance and Mobility Instructor Certification Program
California State University, Fullerton.