

Introduction to SOMA - Sporting Opportunities for Motor Development

About the Course

This PAMIS one day training course is for anyone who want to learn more about SOMA, how to apply it's principles and would like to organise their own SOMA sessions. Learn the background, objective, benefits and the importance of SOMA and the relationship between SOMA and the development of motor skills. You will learn the basic principles of how to support people to engage in this activity and discuss and identify the different levels of support needed for the people you work with. We cover injuries prevention, infection control and how to organise SOMA for the people you work with including understanding and discussing the use of assessment and evaluation for SOMA. This day includes an opportunity for attendees to use the equipment and review a practical approach.

At the Course

- ➔ Generally this one day course will run from 10:00 to 16.00
- ➔ Lunch, tea and coffee provided
- ➔ All participants will gain access to the PAMIS online Learning Hub for additional resources and further discussion

1 day

pamis

www.pamis.org.uk

**Max 15
attendees**

**£95
per person**

**£1140
in house**

