

MENOPAUSE MOVEMENT FOUNDATION COURSE OUTLINE

Menopause Movement's comprehensive e-learning course is for health professionals, fitness professionals, gyms, leisure centres, clinics, public sector and the NHS.

Aims & Objectives:

This evidence-based course aims to develop fitness and health professionals' awareness of the physiological and psychological impact of menopause, so they can teach, treat and train women going into the menopause, with confidence.

The course aims to bridge the health & fitness worlds - equipping professionals with the understanding, knowledge, and language - creating a network of relevant disciplines qualified to treat & train women into the menopause and creating a community of menopause coaches who can promote health awareness for this cohort

The course is built to help advance individual's professional development in the menopause arena to ensure women get the most up-to-date information, treatment and exercise prescriptions to improve their physical and mental wellbeing.

Tutor/ instructors qualifications and experience:

Christien Bird MSc, MCSP (Co-founder Menopause Movement) is a Chartered Physiotherapist specialises in women's health physiotherapy and has developed a clinical interest in treating and managing women during the peri menopause and beyond. She also tutors and presents at menopause events y conferences. She is on the education committee of the Pelvic and Obstetric Gynaecological Physiotherapy Network and represents the professional body as a stake holder for NICE guideline development.

She recently sold her busy multi-disciplinary medical & therapy clinic in South-West London and completed a Master's degree in clinical research methodology from skin college and has coordinated at large clinical trials looking at the effects of physical therapy for acute low back pain. Her work has been published in medical peer through journals worldwide. The most recent publication (POGP Journal, 2021) was a paper on menopause, pelvic floor and exercise into the menopause. Christien is registered with Health and Care Professional Council. She is also a keen sport person and represent Great Britain for British triathlon in her Age Group.

Ann Stephens (Co-founder Menopause Movement) is a seasoned professional with a background in design and teaching. She is the co-founder and director of Menopause Movement. Ann's passion for promoting menopause awareness stems from her own experience with perimenopause and the lack of credible, relatable information available.

In 2017, Ann launched Positive Pause, an online menopause resource that delivered workplace training and awareness sessions to the public. Positive Pause is now part of the Menopause Movement brand.

Due to the success of their online menopause training for Pelvic, Obstetric, and Gynaecological Physiotherapists (POGP), Ann, and Christien Bird, teamed up to establish Menopause Movement, a global multi-disciplinary professional development training course for healthcare and fitness professionals. Ann played a pivotal role in designing the look, layout, and implementation of the e-learning platform for the course.

Dr Karen Morton, MA MRCP FRCOG is a consultant obstetrician and gynaecologist at the royal Surrey County hospital in Guildford. Her special interest are paediatrics and adolescent gynaecology and menopause care. She is a specialist doctor registered with the British Menopause society. Karen demystifies menopause and one of her missions is to deal with gender health inequality and the impact it undoubtedly has on career progression.

Jacky Lynch BA (Hons), Dip ION, rCNHC, mBANT, is a registered nutritional therapist and highly experienced clinician. She is a specialist in Women's Health and the menopause, the author of 'the Happy Menopause smart nutrition to help you flourish'. She is also the host of an award-winning diet and lifestyle podcasts 'The happy menopause'.

Maggie Chapman, FBSCH FBAMH, is an experienced therapist of over 30 years specialising in cognitive behavioural therapy and trauma treatment. Maggie has spent the last 20 years working alongside Women's Health physiotherapist and menopause Doctors. Part of her graduate research explored the impact of menopause and women's mental health.

Nigel Denby BSc, RD is an award-winning registered dietitian with special clinical interest in menopause and women's hormonal health, lifelong weight management, irritable bowel syndrome, premenstrual syndrome, polycystic ovarian syndrome, cholesterol management and lowering. With over 20 years' experience Nigel has a unique ability to translate the science of nutrition health into practical real-life solutions.

Total contact learning hours: 8 hours

Link to webpage:
<https://www.menopausemovement.co>

Pre-requisites: Menopause Movement training is considered advanced level education, and are meant to be taken by fitness professionals who have previously acquired education and experience as a professional within the health and fitness industry – minimum level 2

Professional Standards:
 Fitness professionals that train and work with menopausal women

Scheme of Work:

Module name and duration	Objectives/ LO	Content/ activities	Resources	Delivery method	Assessment method
		<p>Once logged on to teachable online training platform, each micro-learning section below is linked directly.</p>	<p>Professionally filmed with integrated power point presentation. Each bit size section varies between 5 mins to 20 mins.</p> <p>Each section is accompanied by a resource document including academic references and helpful links, Apps, podcasts or other relevant resources</p>		
<p>Introduction 7 mins</p>	<p>Welcome to the course for health and fitness professionals that treat & train women into the menopause and beyond. At the end of the course, the learner will be equipped with the understanding of the changes into the menopause, how to support women and how to grow your business around this fast-growing client group.</p> <p>The course will give the learner a perspective from different disciplines, giving you the opportunity to work confidently with other disciplines</p> <p>Explanation of course content, access, and assessment of each</p>	<p>COURSE INFORMATION</p> <p>Introduction from co-founder team- explaining how the platform and assessments work.</p>	<p>FILMED CONTENT</p>	<p>Delivered by Christien, & Ann Menopause Movement Founders</p>	<p>INTRODUCTION, NO ASSESSMENT</p>

	<p>module before proceeding to next module, how to complete and continue to the next module To maximise your learning experience, all members have received an email containing the course 'Notebooks'. Any problems email: hello@menopausemovement.co</p> <p>We advise our members to write their notes to maximise their learning and, may be beneficial for the assessment quizzes. In the final module is our Feedback Form, once this is completed, please press 'complete and continue' to generate your Certificate of Attendance outlining your CPD hours.</p> <p>Our members will be invited to join the Menopause Movement Community Network on 'Circle', home for continued professional development, containing monthly webinars, blogs and research updates as well as sharing experience & knowledge between tutors and members.</p>				
<p>MODULE 1. MOVING INTO MENOPAUSE</p> <p>80 mins</p>	<p>Understand the medical perspective so that learners are truly aware of what happens when women move into menopause:</p> <ul style="list-style-type: none"> • Understanding women's reproductive system 	<ul style="list-style-type: none"> • SECTION 1. Introduction to menopause movement • SECTION 2. Moving into 	<p>Filmed content with power point presentation and real-time drawings of female reproductive systems.</p>	<p>Delivered by Dr, Karen Morton Gynaecologist.</p>	<p>The learner will understand:</p> <ul style="list-style-type: none"> • basic function of the female reproductive system and how it

	<ul style="list-style-type: none"> • The stages, phases and management options • HRT: When do the benefits outweigh the risks (the learner will have a clear understanding of the benefits and risks) and the different types of HRT • The bladder, a barrier to exercise - a gynaecological perspective 	<p>menopause: a brief overview</p> <ul style="list-style-type: none"> • SECTION 3. Embryology of the urogenital tract • SECTION 4. Female reproductive hormones • SECTION 5. The definition of menopause • SECTION 6. The variety of symptoms • SECTION 7. Prolapse, bladder & bowels • SECTION 8. Management strategy - HRT the myths & scares • SECTION 9. Types of HRT • Assessment 	<p>Use of props in section 9</p> <p>Resource document and notebook provided as part of this module</p>	<p>changes into the menopause.</p> <ul style="list-style-type: none"> • Stages and phases of the menopause • HRT- understand the benefit and risks and when/how to sign post • Medical perspective of pelvic floor barriers to exercise
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<p>MODULE 2. THE PELVIC FLOOR & MORE</p> <p>86 mins</p>	<p>The impact of hormone change on women's pelvic & intimate health. The learner will discover:</p> <ul style="list-style-type: none"> • The importance of this fundamentally important muscle. What works and why it matters so much? • How these muscles are activated-the evidence <p>How to confidently teach pelvic floor rehab in a 1-1 and group setting</p>	<ul style="list-style-type: none"> • SECTION 1. THE PELVIC FLOOR & MORE: Overview Historical respective Pelvic floor, genital, bladder, bowel anatomy & function. • SECTION 2. Prolapse, Urinary Incontinence & Menopause Role of reproductive hormones explained on all aspects of health and specifically for the pelvic floor • SECTION 3. Risk Factors for Pelvic Floor Dysfunction & Signposting Understand impact of hormonal as well as non-hormonal changes • SECTION 4. Pelvic Health 	<p>Filmed content with power point presentation. Use of props and drawings</p> <p>Resource document and notebook provided as part of this module</p>	<p>Christien Bird Chartered Physiotherapist</p>	<p>The learner will understand</p> <ul style="list-style-type: none"> • the different types of bladder, bowel, pelvic organ prolapse and sexual dysfunction. • Female hormones and pelvic health-what changes into the menopause • Uro-genital symptoms of the menopause-prevalence, signs and symptoms. • Understanding bowel, bladder and gut health & how/when to sign post • How to activate your pelvic floor-the evidence • Impact of movement
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<p>WHY MOVEMENT MATTERS</p> <p>45 mins</p>	<p>Discover how to help women build a rock-solid fitness foundation to take into the menopause, a practical approach allowing the learner to integrate the</p>	<ul style="list-style-type: none"> SECTION 1. MENOPAUSE & MOVEMENT: Overview Why does movement & exercise 	<p>Filmed content with power point presentation. Use of props</p>	<p>Christien Bird Chartered Physiotherapist</p>	<p>The learner will understand:</p> <ul style="list-style-type: none"> How to effectively train women

	<p>understanding directly into teaching, training and treating:</p> <ul style="list-style-type: none"> • How best to work with women to optimise their heart, bone, metabolic and mental health • The science behind movement, hormones, changing physiology and early risk factors • Why muscles are women's best friend going into the menopause and the specialist knowledge you need to train women • Understand the barriers to exercise and physical activity and learn how to remove them 	<p>matter so much, the impact on all health markers & what changes into the menopause</p> <ul style="list-style-type: none"> • SECTION 2. Guidelines World Health organisation and UK guidelines • SECTION 3. Brain Health The impact of movement on brain health-an in-depth overview of the evidence • SECTION 4. Bone Health Understanding bone health, prevention and how to improve bone health into the menopause with movement • SECTION 5. Barriers To Exercise 	<p>Resource document and notebook provided as part of this module</p>	<p>into the menopause</p> <ul style="list-style-type: none"> • Guideline recommendations • In-depth understanding of the impact on brain health and how to achieve this working with women • The potential impact of poor bone health on quality of life • How to educate, teach and train younger women to support their bone health • How to confidently train, teach and treat women with bone loss to support their bone health • Be aware of the barriers to
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		<p>Women in Sport research into the menopause- barriers & solutions</p> <ul style="list-style-type: none"> • ASSESSMENT QUIZ 			<p>movement to women reaching the menopause and how to find solutions together</p>
<p>REDEFINING RESISTANCE TRAINING</p> <p>20 mins</p>	<p>Why strengthening, recovery and fitness in menopause matters:</p> <ul style="list-style-type: none"> • How to scale resistance training appropriately to match the needs of peri and postmenopausal women • How to integrate pelvic floor training into exercise • When and how to load and unload tissues and when to do something different • Recovery and working with the training athlete during the perimenopause and post menopause. 	<ul style="list-style-type: none"> • SECTION 1. RESISTANCE TRAINING: The What, How and Why? • SECTION 2. Recommendations • ASSESSMENT QUIZ 	<p>Filmed content with power point presentation.</p> <p>Resource document and notebook provided as part of this module</p>	<p>Christien Bird Chartered Physiotherapist</p>	<p>The learner will understand:</p> <ul style="list-style-type: none"> • The importance of the shift towards strength training into the menopause and beyond • how to scale strength training • how to safely integrate strength training for women diagnosed with osteoporosis • understanding the metabolic changes and changing recovery

					parameters into the menopause
<p>THE MENOPAUSE MIND</p> <p>65 mins</p>	<p>Gain an understanding of the psychological impact and complexities of the menopause mind to remove barriers to exercise and movement:</p> <ul style="list-style-type: none"> • How menopause affects brain function • How the brain can re-wire itself • The bridge between the plasticity of brain function and movement • Using CBT and mindfulness to benefit mental and psychological health 	<ul style="list-style-type: none"> • SECTION 1. THE MENOPAUSE MIND: Oestrogen's Impact on Mental Health • SECTION 2. How To Motivate Movement • SECTION 3. Self-care & Movement • SECTION 4. Changing Unhealthy Beliefs • SECTION 5. Breaking Shame & Discomfort Barriers • SECTION 6. Encouraging Self-Belief • SECTION 7. Integrating Mindfulness • ASSESSMENT QUIZ 	<p>Filmed content with power point presentation.</p> <p>Resource document and notebook provided as part of this module</p>	<p>Maggie Chapman Cognitive Behavioural Therapist</p>	<p>The Learner will understand:</p> <ul style="list-style-type: none"> • How menopause impact brain function as a neurological change • Neuro-re-wiring of the brain • Brain plasticity and why movement matters • Evidence of CBT and mindfulness as an intervention to treat menopause symptoms and changes • Identify unhealthy believes and have a framework to support women to make realistic

					and positive changes
MENOPAUSE & SMART NUTRITION 40 mins	<p>How does nutrition support women's hormonal health, energy levels and mood?</p> <ul style="list-style-type: none"> • Hormone balance – the impact of stress and how nutrition can help • Energy – discover how to renew energy, focus and vitality through diet • Digestion – the role of the gut microbiome in managing menopausal IBS 	<ul style="list-style-type: none"> • SECTION 1. Stress & The Adrenal Glands • SECTION 2. Balancing Blood Sugar • SECTION 3. Energy & Nutrition • SECTION 4. Improving Digestion, IBS & FODMAP • SECTION 5. Gut Dysbiosis • ASSESSMENT QUIZ 	<p>Filmed content with power point presentation.</p> <p>Resource document and note book provided as part of this module</p>	<p>Jackie Lynch Registered nutritional Therapist</p>	<p>The learner will understand:</p> <ul style="list-style-type: none"> • The benefit of simple & health nutritional changes to support menopause transition • How nutrition can help stress • When/how to signpost • Why do blood sugar responses change and how to help this • How to support exercise and energy balance • Changes in gut health and when/how to sign post

<p>WEIGHT MANAGEMENT AND BEHAVIOUR</p> <p>60 mins</p>	<p>The impact of menopause on weight management, heart, and bone health:</p> <ul style="list-style-type: none"> • Weight management. A sustainable diet: what may work and why • How a healthy diet can prevent heart disease going into and after menopause • The impact of diet and exercise for boosting health in ageing bones 	<ul style="list-style-type: none"> • SECTION 1. Why do women gain weight? • SECTION 2. Diet & Behaviour • SECTION 3. Portion Control! • SECTION 4. The Essential Food Groups • SECTION 5. Protein, Fat & Alcohol • SECTION 6. Improving Bone Health with Diet • SECTION 7. Improving Heart Health with Diet • ASSESSMENT QUIZ 	<p>Filmed content with food props</p> <p>Resource document and notebook provided as part of this module</p>	<p>Nigel Denby Dietitian</p>	<p>The learner will understand:</p> <ul style="list-style-type: none"> • Why and how women gain weight • A behavioural evidence-based approach to the diet and menopause • Understand essential food groups and an evidence-based understanding of the importance of each group • The importance of good fat & protein into the menopause • Impact of alcohol during the menopause
<p>SPRINGBOARD GROWING YOUR BUSINESS ONLINE:</p> <p>70 mins</p>	<p>Find out the best ways to grow your business online, in your network, and in our collaborative Menopause Movement community.</p>	<ul style="list-style-type: none"> • SECTION 1. GROWING YOUR BUSINESS ONLINE: What Is Marketing? 	<p>Filmed content with power point presentation.</p>		<p>The learner will understand:</p> <ul style="list-style-type: none"> • A historical perspective of good

	<p>Hear how to bring it all together, taking away:</p> <ul style="list-style-type: none"> • Search Engine Optimisation strategies to leverage your new skills • Tips on how to grow your mailing list to create an engaged community • How to get the best out of social media channels • Website tips and tools 	<ul style="list-style-type: none"> • SECTION 2. What Is Growth Marketing? • SECTION 3. Pirate Funnel • SECTION 4. The Golden Circle • SECTION 5. Targeting & Personas • SECTION 6: Jobs To Be Done! • SECTION 7. Awareness & Organic Search • SECTION 8. Paid Search & Social • SECTION 9. Off Page SEO & Influencer Marketing • SECTION 10. Acquisition & Activation 		<ul style="list-style-type: none"> marketing practice • How to integrate good practice into digital marketing • Understand the concept of growth marketing • Practical applications <p>Business advice only, module-not assessed.</p>
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MODULE 9. THE MENOPAUSE MOVEMENT COMMUNITY NETWORK 15 mins Filming just over 8 hours	Completing the course is the beginning of being part of a dynamic community of sharing experience, continued professional development and a platform to enable members to ask question.	<ul style="list-style-type: none"> SECTION 1. THE MENOPAUSE MOVEMENT NETWORK: Community Benefits SECTION 2. How To Stay in Touch SECTION 3. course feedback to generate your certificate MENOPAUSE MOVEMENT STAMPS TO DOWNLOAD 		Continued learning and collaboration- Not assessed