

***Required elements for an educational programme for lay exercise instructors in charge of community-based exercise targeting young adults with schizophrenia spectrum disorders – A stakeholder focus group study***

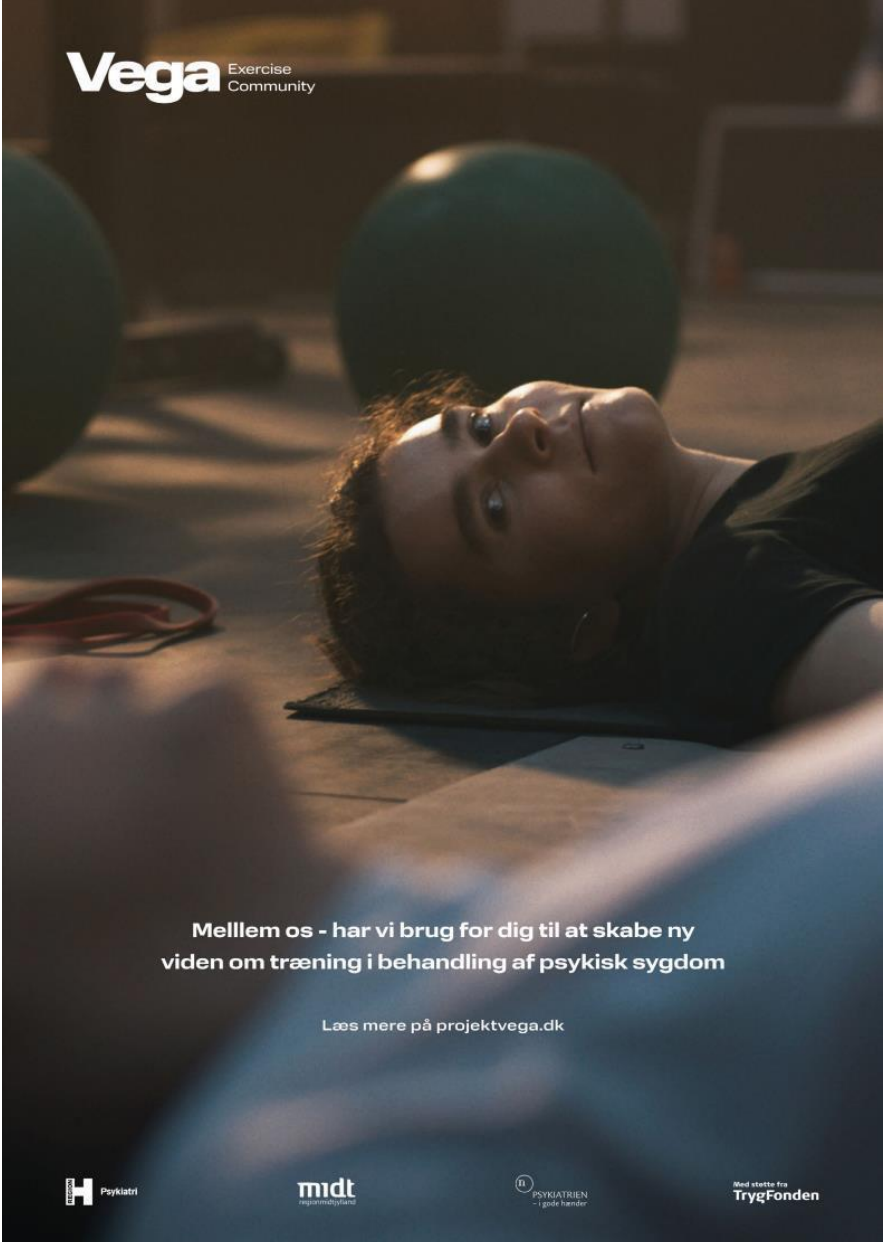
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**Appendix 2** Overview of the educational programme with headlines on the education content (instructor manual and one-day educational course)





**Vega** Exercise Community

Mellem os - har vi brug for dig til at skabe ny viden om træning i behandling af psykisk sygdom

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Med støtte fra TrykFonden

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9.00 – 9.30	Who are we and what is Vega Exercise Community?
9.30 – 10.10	What are schizophrenia and psychotic disorders w/ Professor and psychiatrist
10.10 – 10.50	Why is exercise relevant w/ Physiotherapist and PhD student
10.50 – 11.00	Break
11.00 – 11.40	How is the illness treated w/ Psychiatric nurse and teamleader
11.40 – 12.20	What is Recovery? w/ Psychiatric nurse and PhD student
12.20 – 12.30	Living with schizophrenia Patient case (video)



12.30-13.15	Lunch
13.15 – 14.00	Vega Exercise Community (the exercise protocol)
14.00 – 14.45	Practical testing of the exercise protocol w/ Physiotherapist and skilled exercise instructor
14.45 – 15.00	break
15.00 – 15.45	Administrative tasks in Vega (Holdsport.dk)
15.45 – 16.00	Q&A and evaluation