

Physical Activity Clinical Champions (PACC)

1 Recruitment

- PACC roles are advertised via NHS Jobs
- Roles are grouped into Medic (physician), Allied Healthcare Professional or Nurse/Midwife
- Candidates are shortlisted after application forms submitted
- Interviews, including observed teaching are completed

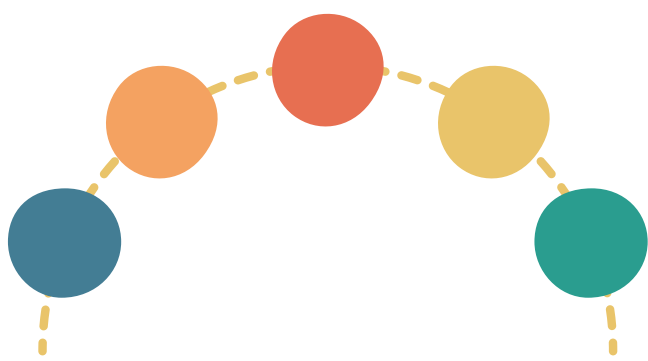


2 Training

- Successful PACCs complete training hosted by admin team and lead PACCs
- Two introduction sessions
- Administrative processes of the role (2 hours duration)
- Clinical teaching and session delivery (2 hours duration)

3 Delivery

- Sessions are organised by PACCs
- Each is 1-3 hours duration with a standardised slide set
- At least 12 healthcare professionals should be in attendance



4 Session learning outcomes

- Knowledge of the UK Chief Medical Officers' guidelines for physical activity
- Population physical activity levels at national and local levels
- Benefits of physical activity for the management and prevention of long term conditions
- How to apply this knowledge to clinical care through routine brief advice and behaviour change

5 Review

PACCs complete a standardised form after each session, specifying details of the sessions delivered, the number and role of attendees

