

Rebound Therapy Training Courses

Rebound Therapy is the phrase used by a qualified trainer to describe the use of a trampoline to provide therapeutic exercise and recreation for people with a wide range of Special Needs.

The Rebound Therapy team of approved tutors provide training courses throughout the UK and abroad at the request of schools, centres, charity agencies etc.



The Rebound Therapy course is a nationally and internationally recognised programme and has approved status from the Professional Development Board for Physical Education which is a division of AfPE.



The course will enable members to use the trampoline for the benefit of students across a wide range of disabilities. There is no pre-requisite training for attendance on this course; all necessary training to run and lead sessions is covered on the course and in the pre-course reading material.

Group size: max 12 candidates per course.
(16 if two or more trampolines are available.)

Course Outline: Safety Aspects;
 Appraisal of personal skills;
 Development and award programmes;
 Programmes for defined special needs;
 Problem solving – practical simulations

This is a wide-ranging course, encompassing a variety of professional disciplines. We welcome those involved in various caring professions – Teachers, Physiotherapists, Occupational Therapists, Carers and Health workers, Nurses, Speech and Language Therapists, Trampoline Coaches and Parents.

For further information or to arrange a course,
please contact us at the above email address or telephone number.

Other courses / workshops available:

One-day refresher workshop - ‘Rebound Plus’ add-on module for those with able students -

