

Appendix 1: Intervention description using the Template for Intervention Description and Replication (TIDieR) checklist

1. Brief name	Educational workshop for health and exercise professionals on effective prescription of exercise to prevent falls in older age.
2. Why	<p>The workshop framework was designed based on evidence from a Cochrane systematic review of 30 trials¹ which found educational programs for health professionals that are based on a mixture of didactic and interactive teaching strategies have greater effects on clinical practice than purely didactic sessions.</p> <p>The education program was designed using concepts of adult learning, including Knowles' Theory of Andragogy.² The program aimed to facilitate participant behavior change and build confidence by providing goal setting, formative feedback about exercise prescription, social support and other relevant behavioral change strategies.^{1 3}</p>
3. What- materials	<p>Information was presented with a mix of audio-visual resources and group-based practical activities. Participants received a printed copy of the information that was presented and printed information about how to access the internet-based resources to assist with the prescription of evidence-based fall prevention exercise. The presentations contained information about the social and economic burden of falls, fall risk factors, the physiological consequences of ageing, biomechanical and physiological principles of balance, and effective exercise-based fall prevention strategies and strategies to assist with the uptake and adherence to effective exercise programs.</p> <p>Examples of the internet-based resources included were: <i>Physiotherapy Exercises</i> database (www.physiotherapyexercises.com), and <i>Active and Healthy</i> website produced by the NSW Ministry of Health (www.activeandhealthy.nsw.gov.au).</p>
4. What- procedures	<p>The topics covered in the educational workshop are outlined below:</p> <p>Module 1:</p> <ul style="list-style-type: none"> - Epidemiology of falls - The physiology of balance and falls - The biomechanics of balance and falls - Gait assessment, practical activity <p>Module 2:</p> <ul style="list-style-type: none"> - Fall risk assessment - Fall risk assessment, practical activity <p>Module 3:</p> <ul style="list-style-type: none"> - Fall prevention strategies- how to interpret the evidence - Exercise prescription for older people and fall prevention - Prescribing exercise to prevent falls, practical activity <p>Module 4:</p> <ul style="list-style-type: none"> - Medical conditions impacting exercise tolerance - Fall prevention program implementation and management

	<ul style="list-style-type: none"> - Tailoring exercise programs for clinical groups, practical activity <p>Formative feedback activities such as guided practical instruction on how to prescribe exercises were undertaken during each module</p>
5. Who provided	Two fall prevention experts, with clinical backgrounds in physiotherapy or exercise physiology and over 10 years of research experience delivered each of the workshops.
6. How	The educational workshop was delivered face-to-face to groups of up to 35 people at a time.
7. Where	The educational workshop was delivered in a number of locations in New South Wales, Australia.
8. When and how much	Participants each attended one workshop of 7 hours in total and had ongoing access to internet-based support resources.
9. Tailoring	All participants received the same workshop content and information about how to access the same internet-based resources.