

Empowering People with Parkinson's through **Movement & Innovation**



THE MOVE ON UP HCP MOOC IS NOW OPEN FOR INTERNATIONAL IMPLEMENTATION

We are proud to announce the launch of the **MOVE ON UP Digital Multidisciplinary Training Programme for Healthcare and Exercise Professionals**, an innovative European MOOC designed to support the future of evidence-based and digitally enabled Parkinson's care.

Developed by an international consortium of experts from **Portugal, Greece, Italy and Croatia**, the programme addresses one of the major challenges facing healthcare today: how to deliver person-centred, multidisciplinary Parkinson's care in an increasingly digital world.

More than a traditional online course, the MOVE ON UP MOOC offers a structured learning pathway that bridges the gap between **clinical evidence, exercise science, rehabilitation, communication, cognition and integrated care**.

01.

WHAT WILL YOU LEARN?

Participants progressively build competencies across six interconnected modules covering:

- Understanding and managing Parkinson's disease
- Lifestyle interventions, nutrition and sleep
- Exercise prescription and digital rehabilitation
- Dual-task training and cognitive-motor interventions
- Communication and speech management
- Multidisciplinary models of care and service integration

Together, these modules provide healthcare professionals with practical tools to support people living with Parkinson's disease in both face-to-face and digital healthcare environments.

The programme includes **16 lessons**, expert-led masterclasses, interactive quizzes, evidence-based resources and approximately **28 hours of learning**, delivered through a flexible self-paced format designed to accommodate busy professional schedules.

Participants who successfully complete the programme will receive a **certificate of completion** and contribute to the international piloting and evaluation of this innovative educational resource.

WHO SHOULD JOIN?

02.

The programme is open to individuals aged 18 years and older, including:

- Healthcare professionals working in neurological rehabilitation, movement disorders and Parkinson's care
- Exercise physiologists and exercise professionals integrating physical activity and movement-based interventions into practice
- Physiotherapists, neurologists, nurses, occupational therapists and speech and language therapists
- Healthcare and exercise physiology students seeking advanced training in Parkinson's disease and digital rehabilitation

Participation is free of charge. All participants are required to provide informed consent through the course platform before enrolment.

We are now inviting healthcare professionals and students across Europe to participate, provide feedback and help shape the next generation of digital Parkinson's care.

READY TO JOIN?

Scan the QR code or follow the link below to access the MOVE ON UP platform and take part in the international piloting phase.



👉 [\[ACCESS THE HCP MOOC HERE\]](#)

03.

HELP US SPREAD THE WORD

Collaboration is at the heart of MOVE ON UP.

We invite our stakeholders, partner organisations, universities, healthcare institutions and professional networks to help us reach potential participants.

If you know healthcare professionals, exercise professionals or students who may be interested, please **forward this newsletter within your professional and academic networks**.

Every share helps us reach new participants and supports the international implementation of MOVE ON UP.

Available in



FOLLOW OUR JOURNEY

Want to stay up to date with the MOVE ON UP project?

Follow our social media channels and visit our website to discover the latest activities, resources, and project updates.

WE WANT TO HEAR FROM YOU

If you have any questions about the HCP MOOC, participation, or the MOVE ON UP project, please contact us.

Thank you for your continued support and for helping us build a more active, inclusive, and evidence-driven future.

Warm regards,

The MOVE ON UP Team



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Thank you for your support in
helping us build a more active
and connected future



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