

EXERCISE REFERRAL FOR CLIENTS WITH SPECIFIC CONTROLLED CONDITIONS (LEVEL 3)

COURSE DESCRIPTION

This course provides candidates with the theoretical knowledge & practical skills required to plan, deliver, manage & evaluate a safe, effective & progressive adapted physical activity programme for referred clients with specific controlled conditions.

QUALIFICATION GAINED

Central YMCA Qualifications Level 3 Certificate in Exercise Referral For Clients With Specific Controlled Conditions

ENTRY REQUIREMENTS

Advanced Gym Instructor (Level 3).

SYLLABUS IN BRIEF

The course covers the pathogenesis of a range of low risk medical conditions, relevant medications for these conditions, implications for exercise for each condition & its associated medications plus the exercise prescription & potential benefits in each case. Factors affecting health, theories of behaviour change, Government policy in relation to health & management of referral schemes are also covered along with screening & assessment procedures for referred clients.

COURSE FORMAT

- 4 days practical & theory
- Theory assessment & case study guidance (approx 2½ hours)
- ½ day practical assessment

ASSESSMENT

- Externally assessed theory paper (1 hour, multiple choice)
- Internally assessed practical (teach a range of exercises to a range of referred clients)
- Internally assessed worksheet (medications)
- Internally assessed hypothetical case study & viva.