

# WRIGHT FOUNDATION

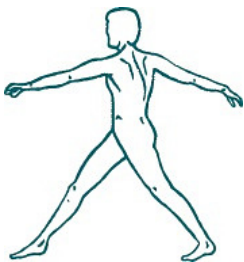
## LEVEL 3 EXERCISE REFERRAL

The UK's market leading course and gold standard qualification

### SUCCEED



### EXCEL



### FLOURISH



# WRIGHT FOUNDATION

## LEVEL 3 EXERCISE REFERRAL

### The WRIGHT Foundation Philosophy

"Of health being a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity"

Why did the WRIGHT Foundation initiate the first medically led, UK wide exercise referral qualification?

- To dispel the concerns of medical and leisure professionals regarding:
- The suitability and qualifications of the individuals operating exercise referral programmes
- The quality of the facilities and therapy provided
- The health and safety of the referred patients

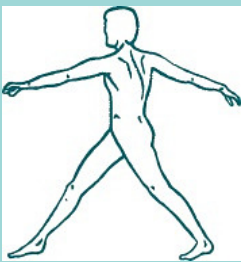
The WRIGHT Foundation formulated the qualification in conjunction with leading medical and exercise professionals and principal Universities in order to:

- Qualify professionals with an endorsed training course that has a reputation for excellence
- Assist the establishment of exercise referral programmes of the highest standard
- Assure patients, medical and health professionals of quality in operation

SUCCEED



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# Level 3 Exercise Referral qualification

This is a 5 day course delivered at venues across the UK and Internationally by experienced University lecturers and boasting the most comprehensive syllabus.

The course tackles a wide range of medical topics and also provides a thorough understanding of the setting up, development and management of a successful exercise referral scheme.

The course is endorsed by Skills Active and the Register of Exercise Professionals and leads to VTCT certification.



## Learning outcomes and objectives

- Key definitions and concepts relating to exercise, health and fitness
- The relationship between exercise and health
- The importance of motivation and behaviour change
- How to maintain behaviour change/behavioural strategies
- The aetiology and pathology of common conditions including:



## Learning outcomes and objectives (cont.)

- **Coronary Heart Disease**
- **Musculoskeletal diseases**
- **Respiratory disease**
- **Diabetes Mellitus**
- **Mental Health (stress, anxiety, depression)**
- Exercise limitations and requirements in special populations e.g. obesity, hypertension, diabetes
- Main contra-indications to exercise, risk factors, warning signs, symptoms and medical emergencies
- Issues relating to the older adult
- Pharmacology for all referable medical conditions covered on the course
- Understanding the NHS - NQAF guidelines
- Communicating effectively and appropriately with patients
- Developing individually based behavioural strategies for exercise and lifestyle
- Recognise and respond to warning signs and symptoms
- Developing and managing an exercise referral scheme
- How to involve medical/health professionals
- Approaching medical authorities

# Level 3 Exercise Referral

## Candidate pre-requisites

- Leisure experience - as appropriate to relevant qualifications held
- Outgoing, friendly, motivational personality
- Natural aptitude to organisation
- An understanding of exercise and fitness theory
- A relevant fitness qualification\*

*\*Should students wish to gain REPs accreditation, they must hold the relevant gym based pre-requisites:*

*e.g. LEVEL 2 FITNESS INSTRUCTOR  
OR LEVEL 3 PERSONAL TRAINER*

## Further info.

- Current price £625 (no VAT)
- Course includes: Pre-reading list, course manual and all assessments\*
- Advisory service available through our 'Excellence in Practice' award
- All courses delivered by our University standard lecturers

*\* Practical assessments: Prescribing exercise intensity & Instructing exercise with referred clients*  
*\* Case Study report production*  
*\* Professional practice, understanding medical conditions and other worksheet completion*  
*\* Anatomy and physiology MCQ & Applying the principles of nutrition to a physical activity programme MCQ exams*



**For an application form  
click *HERE***

**For all current course dates  
click on the website link  
below:**

[www.wrightfoundation.com](http://www.wrightfoundation.com)

**To speak to someone about  
this or any of our Level 4  
Specialist courses call:**

**01382 451188**

**Or email:**

[info@wrightfoundation.com](mailto:info@wrightfoundation.com)



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