

**NEW NEW NEW NEW NEW**



*"Means Exercise Referral"*

**MENTAL HEALTH**

**MENTAL HEALTH**  
**(3 days)**

**SPECIALIST  
COURSE**

**FORTHCOMING COURSE DATES:**

**13 - 15 Sept RUGELEY, Staffordshire**  
**01 - 03 Feb 11 WEST BROMWICH, W Midlands**

**COURSE PRICE: £295 + VAT**

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# SPECIALIST COURSES

*A NEW ADVANCE IN EXERCISE REFERRAL TRAINING  
AND QUALITY STANDARDS*

## THE AIMS OF THE MENTAL HEALTH AND EXERCISE REFERRAL COURSE:

- To develop an understanding of the nature and prevalence of mental health problems and psychological well-being, and the common care pathways and treatments.
- To develop a critical understanding of the quality of research evidence that underpins evidence-based practice for promoting physical activity to enhance mental health.
- To develop an understanding of what the research literature suggests about the effects of physical activity on mental illness, mental health problems, psychological well-being, and quality of life.
- To develop an understanding of how exercise improves mental health through specific mechanisms (eg, bio-physical, psycho-social), in order to guide physical activity promotion.
- To develop a range of skills to facilitate the effective promotion of physical activity among clients with mental health issues.
- To develop an awareness of measurement tools that may be used in the physical activity and mental health context.

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## COURSE CONTENT INCLUDES:

- Introduction & course aims
- Dimensions of mental health: prevalence, care pathways and treatments
- What do we mean by evidence in evidence-based physical activity promotion for enhancing mental health?
- The evidence for relationships and mechanisms, with implications for practice:
  - ◇ exercise and depression,
  - ◇ anxiety,
  - ◇ self-esteem,
  - ◇ cognitive functioning,
  - ◇ falls prevention,
  - ◇ mood,
  - ◇ sleep,
  - ◇ addiction treatment,
  - ◇ anti-social behaviour,
  - ◇ quality of life among people with physical and mental illness (eg, cardiac problems, cancer, AIDs/ HIV, schizophrenia, chronic fatigue syndrome, arthritis and pain)
- Additional issues in promoting behaviour change for people with mental health problems
- Evaluation tools

**Specialist Course** subjects follow on from the initial Foundation learning. They give a learning opportunity for exercise professionals (Referral Programme Consultants) to further their knowledge and expertise. Each subject will gain (subject to approval) CPD credits for the Register of Exercise Professionals (REPs).

### PREREQUISITE QUALIFICATIONS

WRIGHT Foundation or **OTHER** REPs/SKILLSACTIVE APPROVED EXERCISE REFERRAL QUALIFICATION OR EQUIVALENT.



# SPECIALIST COURSES

*A NEW ADVANCE IN EXERCISE REFERRAL TRAINING  
AND QUALITY STANDARDS*

*We also offer Specialist Courses in the following areas...*

**CARDIAC REHABILITATION PHASE IV**  
MEETING THE NEW NATIONAL STANDARDS

**PULMONARY REHABILITATION COURSE**  
“in the community”

**LOWER BACK PAIN**

**OBESITY & DIABETES**

**Check our website for full information  
and Course Dates**

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

**We listened - You want  
WRIGHT Foundation  
UK Wide National Seminars**

**Exercise Referral - Obesity & Diabetes - Cardiac Rehabilitation  
Children & Youth Obesity - Mental Health  
Pulmonary Rehabilitation - Lower Back Pain**

**Look out for Further Information**

