

NEW NEW NEW NEW NEW



"Means Exercise Referral"

OBESITY & DIABETES (3 day)

SPECIALIST COURSE

25 - 27 Aug
06 - 08 Dec

LIVERPOOL, Merseyside
HULL, E Yorkshire

PRICE: £295 + VAT

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OBESITY & DIABETES

SPECIALIST COURSES

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

COURSE CONTENT INCLUDES:

- Aetiology & Genetics
- Prevalence
- Risk Factors Associated with Obesity
- Energy Intake
- Food Labels
- Energy Balance and Popular Diets
- Diabetes Mellitus
- Measurement Diagnostics
 - ◊ BMI (Body Mass Index)
 - ◊ Skinfold
 - ◊ BIA (Bio - Electrical Impedance)
 - ◊ Hydrostatic Weighing
 - ◊ DEXA / MRI Imaging
- Data Collection
- Physical Activity
- Training Methodology
 - ◊ Principles
 - ◊ Methods
 - ◊ Strength Training
 - ◊ Review
- Medical and Surgical Intervention
- Childhood Obesity Issues
- Psychological Issues of the Obese Client
 - ◊ Haslows Hierarchy
 - ◊ Psychology of Eating
 - ◊ Binge Eating
 - ◊ Health Related Quality of Life
- Creation of Treatment Protocols
- Considerate Assessment Techniques
- Lifestyle Modification
- Practical Application
- Interactive Sessions
 - ◊ Anthropometry
 - ◊ Functional Capacity
 - ◊ Energy Balance
- Assessment

Course assessments

Attendance during all sections of the Course, on all three days, is compulsory. The knowledge and skills attained on the Course will be assessed in the following ways (both sections must be passed in order for the qualification to be awarded):

- a. Multi-choice PRE-COURSE READING Examination
- b. CASE STUDY to be completed and submitted no later than 4 weeks after course has concluded

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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”

MENTAL HEALTH

LOWER BACK PAIN

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

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

