

# WRIGHT FOUNDATION

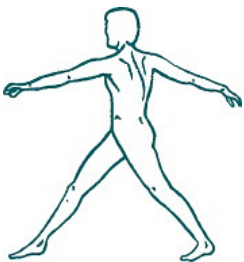
## LEVEL 4 CANCER REHABILITATION

### Advances in Exercise Referral Training

SUCCEED



EXCEL



FLOURISH



PD:Approval  
Endorsed



# WRIGHT FOUNDATION

## LEVEL 4 CANCER REHABILITATION

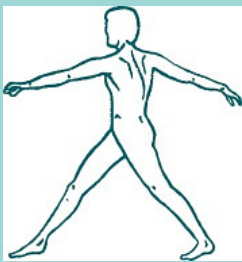
The aim of the Cancer Rehab. course

**“Strong evidence among survivors of breast cancer and prostate cancer that those who exercise up to three hours a week can reduce the risk of recurrence by up to 40%, prolong their life expectancy by up to 70%”**

SUCCEED



EXCEL



FLOURISH



- This practical course will empower exercise professionals to guide individuals with cancer to a healthy and enjoyable lifestyle which will maximise their chance of living better and longer. The course material is based only on reliable, established and published research from around the world, it was written with the help of patients from a wide range of cultural backgrounds by an experienced cancer team which specialises in lifestyle and exercise research by the course author Professor Robert Thomas.
- Individuals who exercise regularly throughout their lives have been shown in numerous population studies to have a reduced risk of developing cancer. In terms of prevention, it has been shown that being sedentary and overweight could account for 14% of male and 20% of female cancer deaths in the UK.
- The benefits of exercise do not stop after diagnosis of cancer. A number of studies have proven that patients who exercise regularly after cancer have a better quality of life, have lower risks of side effects, have a lower risk of their cancer returning and generally survive longer. In terms of cure rate, the two most convincing studies involved men and women with bowel cancer.

# Level 4 Cancer Rehabilitation qualification



The author of the course is one of Europe's leading oncologists, Professor Robert

Thomas who also sits on the Macmillan Cancer Survivorship Group.

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 is divided between theoretical knowledge and practical skill development to equip the exercise professional with all the key information and experience to be confident in working with clients recovering from cancer diagnosis and treatment.

The course is independently endorsed by PD Approval and recognised by the Register of Exercise Professionals, contributing to 20 REPs CPD points.



PD:Approval  
Endorsed

## Learning outcomes and objectives

The course boasts the most comprehensive syllabus for those seeking to advance their knowledge of exercise, cancer and rehabilitation, including

- Understanding Cancer and its treatments
- Lifestyle factors that increase the risk of cancer
- Dietary factors that can affect the risk of cancer
- Exercise Referral within cancer treatment and rehabilitation
- Cancer treatments and their effect on exercise
- Preparation for exercise referral
- Exercise testing and programme guidance
- Exercise programming advice for dealing with symptoms and side-effects of treatment
- Case studies and risk factors
- Motivation and behaviour change

The course manual also includes supplementary material on dietary advice for cancer patients

# Level 4 Cancer Rehabilitation qualification

## 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 AND WRIGHT Foundation Exercise Referral Certificate or other REPs endorsed Exercise Referral qualification.*

## 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

*\* Multiple-Choice pre-reading exam paper to be taken on the first day*

*\* Final day Multiple-Choice exam paper*

*\* Practical assessment during the course*

*\* Group presentation to be made during the course.*

*\* A written case study to be completed following the course*



**For an application and for all current course dates click on the website link below:**

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

**To speak to someone about this, our Level 3 Exercise Referral or Level 4 Specialist courses call:**

**01382 451188**

**Or email:**

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



**Content @ Copyright WRIGHT Foundation 2017**

**WRIGHT Foundation CIC is a not for profit company - Reg. company no. SC439136**