

WRIGHT FOUNDATION

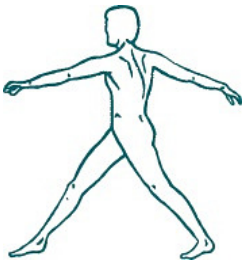
LEVEL 4 OBESITY & DIABETES

Advances in Exercise Referral Training

SUCCEED



EXCEL



FLOURISH



WRIGHT FOUNDATION

LEVEL 4 OBESITY & DIABETES

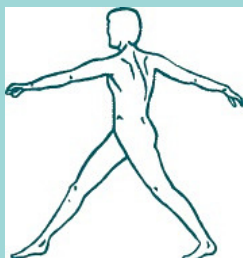
SUCCEED



The aim of the Obesity & Diabetes course

“The world can have no boundaries in the quest for medical and rehabilitative answers and knowledge of Obesity & Diabetes. Using the latest research and working together worldwide, we can achieve continuing advancement for all.”

EXCEL



- Written, embracing the most current research findings from the UK, Europe and the USA. This gold standard course is written by leading researchers, consultants, exercise and sport medicine specialists, sports scientists and fitness professionals from the WRIGHT Foundation.

This is a unique course, endorsed for accuracy and content by leading pulmonary specialists from the UK, Europe and the USA.

FLOURISH



As is expected from the WRIGHT Foundation, client safety and wellbeing has been paramount in the compilation of this course. Practical experience and research into the UK, European, USA systems have ensured this is the gold standard qualification for Obesity & Diabetes.

Level 4 Obesity & Diabetes qualification



This is a 3 day course delivered at venues across the UK and Internationally by experienced University lecturers and boasting the most comprehensive syllabus.

The course is designed to equip the exercise professional with all the key information, knowledge and understanding to be confident in working with clients in the context of Obesity & Diabetes in various settings

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 a comprehensive syllabus for those seeking to advance their knowledge of exercise with Obesity & Diabetes, including (see right):

- The aetiology & genetics of obesity
- Obesity prevalence
- The Risk factors associated with obesity
- Energy intake, food Labels, energy balance and popular diets
- Diabetes Mellitus
- Specific measurement diagnostics, e.g. BMI (Body Mass Index), skinfold, BIA (Bio - Electrical Impedance), Hydrostatic Weighing, DEXA / MRI Imaging
- Methods of data collection
- Physical activity and functional capacity
- Training methodology and principles relating to obesity & diabetes
- Strength training considerations
- Understanding medical and surgical interventions
- Childhood obesity issues
- Psychological issues of the obese client
- Maslow's hierarchy of human needs
- Psychology of eating, binge Eating
- Health related quality of life
- Creation of treatment protocols
- Considerate assessment techniques
- Lifestyle modification

Level 4 Obesity & Diabetes 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 £495 (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

** Multi-choice exam relating to Pre-Course reading on Day 1 of the course*

** Food label assessment*

** Multi-choice exam on Day 3*

** 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

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

01382 451188

Or email:

info@wrightfoundation.com



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