

WRIGHT FOUNDATION CIC

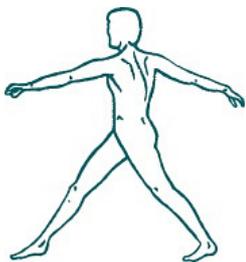
EXERCISE FOR LONG TERM NEUROLOGICAL CONDITIONS

Advances in Exercise Referral Training

SUCCEED



EXCEL



FLOURISH



In collaboration with



WRIGHT FOUNDATION

EXERCISE FOR LONG TERM NEUROLOGICAL CONDITIONS

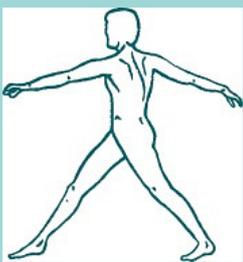
Aim of the course

SUCCEED



The benefits of exercise to those with long term neurological conditions are evident when exercise becomes a habit and has effects on almost every body system. However, whilst some principles can transfer across conditions, most will have a unique set of symptoms and therefore considerations when it comes to exercise, in order to achieve the desired outcomes for each individual.

EXCEL



This course will empower health and exercise professionals to successfully guide individuals who are living with a Long Term Neurological Condition through exercise.

FLOURISH



Covering the most common neurological conditions, acquired brain injury, spinal cord injury, cerebral palsy, multiple sclerosis, Parkinson's disease, motor neurone disease and neuromuscular conditions, the course will help professionals to guide more people in managing their condition and leading a healthier and more active lifestyle.

Exercise for Long Term Neurological Conditions qualification

We are pleased to have developed this course in conjunction with Keele University, a leader in Rehabilitation Science.

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

The course is divided between theoretical knowledge and practical skill development to equip exercise and health professionals with all the key information to be confident in working with clients living with a Long Term Neurological Condition.

As with all WRIGHT Foundation courses, health and safety of the client is at heart of the course content.



Learning outcomes and objectives

The course caters for those seeking to advance their knowledge and skills in exercise for Long Term Neurological Conditions, including:

- Overview of the nervous system
- Investigations in neurological medicine
- Common neurological conditions
- Neurological exercise principles and prescription
- Posture and balance
- Exercise considerations for neurological populations
- Mental health and neurological populations
- Preparation for exercise referral
- Motivation and behaviour change



This course is supported by:



Exercise for Long Term Neurological Conditions

Candidate pre-requisites

- Fitness 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*

**Exercise and health professionals wishing to undertake the qualification must hold the relevant gym-based pre-requisites:*

*e.g. Level 2 Fitness Instructor OR Level 3 Personal Trainer
AND Level 3 Diploma in GP Exercise Referral*

Further information

- Current price £625 (VAT exempt)
- Course includes: Pre-reading list, course manual and all assessments *

** Multiple choice pre-reading exam paper on first day*

** Multiple choice exam paper on last day*

** Practical assessment during the course*

** Short group presentation during the course*

** Case Study report production after the course*



“I think WRIGHT Foundation has an extremely high level of training. Long may it continue.”

Stephanie, Student.

**For all course dates and to download an application form visit our website:
www.wrightfoundation.com**

To speak to a member of our friendly team about this or any of our courses please call:

01307 469055

Or email:

info@wrightfoundation.com



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