

WRIGHT FOUNDATION CIC

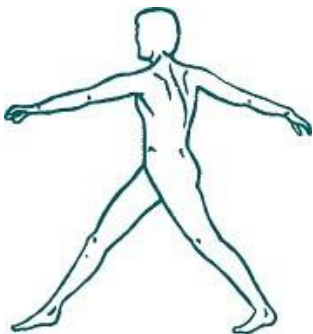
EXERCISE FOR ARTHRITIS

Advances in Exercise Referral Training

SUCCEED



EXCEL



FLOURISH



MEMBER

WRIGHT FOUNDATION CIC

EXERCISE FOR ARTHRITIS

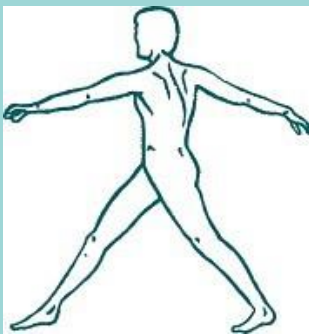
SUCCEED



The aim of the Exercise for Arthritis course

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

EXCEL



FLOURISH



- ♦ Written, embracing research findings from the UK, Europe and the USA. This gold standard course is written with input from leading researchers, consultants, exercise and sport medicine specialists, sports scientists and fitness professionals from WRIGHT Foundation.
- ♦ This is a unique course, endorsed for accuracy and content by leading specialists from the UK, Europe and the USA. They are also independently endorsed by CIMSPA.
- ♦ As is expected from WRIGHT Foundation, client safety and well-being has been paramount in the compilation of this course. Practical experience and research into the UK, European, USA systems have ensured that this course is a gold standard for Exercise and Arthritis

Exercise for Arthritis course



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 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 in the context of Arthritis in various settings

The course is independently endorsed by CIMSPA contributing to 10 CIMSPA CPD points.



Learning outcomes and objectives

The course boasts a comprehensive syllabus for those seeking to advance their knowledge of exercise and arthritis, including (see right):

- Prevalence of arthritis in the UK and the scope for those working in an exercise setting
- Review of joint physiology, pertinent to arthritis
- Introduction to the normal ageing process
- Pathophysiology of osteoarthritis
- Pathophysiology of rheumatoid arthritis
- Aetiology and symptoms of arthritis
- Introduction to the treatment and medication used with arthritis
- Use of braces, splints, supports, gloves and orthoses
- Surgical interventions for arthritis
- Nutritional advice and supplementation
- Principles of exercise prescription and physical activity guidelines for arthritis
- Specific benefits of exercise for arthritis

Exercise for Arthritis course

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*

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

WRIGHT Foundation CIC Exercise Referral Certificate or other endorsed Exercise Referral qualification.

Further info.

- Current price £565 (no VAT)
- Course includes: Pre-reading list, course manual and all assessments*
- All courses delivered by our university standard lecturers

**Day 1 short answer questions assessment*

**Day 2 short answer questions assessment*

**A written workbook to be completed following the course*



For an application form and for all current course dates visit our website:

www.wrightfoundation.com

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

01307 469055

Or email:

info@wrightfoundation.com

