

WRIGHT FOUNDATION CIC

LEVEL 4 PULMONARY REHABILITATION "in the community"

Advances in Exercise Referral Training

SUCCEED



EXCEL



FLOURISH



WRIGHT FOUNDATION CIC

LEVEL 4 PULMONARY REHABILITATION

"in the community"

SUCCEED



EXCEL



FLOURISH



The aim of the Pulmonary Rehab. course

“The world can have no boundaries in the quest for medical and rehabilitative answers and knowledge of the pulmonary disease. Using Pulmonary Rehabilitation research and working together worldwide, we can achieve continuing advancement for all.”

- ♦ 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 WRIGHT Foundation.
- ♦ This is a unique course, endorsed for accuracy and content by leading pulmonary specialists from the UK, Europe and the USA.
- ♦ As is expected from WRIGHT Foundation CIC, client safety and well-being has been paramount in the compilation of this course. Practical experience and research into the UK, European, USA Pulmonary Rehab systems have ensured this is the gold standard for Pulmonary Rehabilitation.

Level 4 Pulmonary Rehab. 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 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 Pulmonary Rehabilitation and specifically in the community setting.

Learning outcomes and objectives

The course boasts the most comprehensive syllabus for those seeking to advance their knowledge of exercise and pulmonary rehabilitation, including (see right):

- ♦ The Value of Pulmonary Rehab
- ♦ Components of pulmonary rehabilitation
- ♦ Who is suitable for pulmonary rehabilitation, the patient/client group

- ♦ Dyspnoea (breathlessness), mechanics of breathing, effects of pulmonary disease on respiration and dealing with breathlessness
- ♦ Review of anatomy and physiology
- ♦ Pathology, systemic effects and Co-morbidities
- ♦ Diagnostics; e.g. spirometry, peak flow, chest x ray, CT scan, bronchoscopy
- ♦ Assessment for pulmonary rehabilitation “in the community”
- ♦ Treatment and management of disease; e.g. medications, delivery systems, oxygen therapy and other interventions
- ♦ Overview of national guidelines
- ♦ Exercise physiology; lung ventilation and exercise, muscle, systemic nature of pulmonary disease, abnormal nutrition, hormones and weight Loss, hormones and growth factors, central nervous system
- ♦ Exercise testing and prescription
- ♦ Risk assessment and emergency planning
- ♦ Motivation, behavioural, and lifestyle management



Level 4 Pulmonary Rehab. 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*

**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.

- Cost: Current price £565 (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
- * Multi-choice end of course exam question paper
- * A written multiple-choice end of course exam question paper
- * Following the 3-day course you will be required to attend a minimum of 4 sessions totaling 8 hours viewing Pulmonary Rehabilitation in a hospital over a maximum of five weeks
- * 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:**

01307 469055

Or email:

info@wrightfoundation.com



Content @Copyright WRIGHT Foundation CIC 2025

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