



GP Exercise Referral

Course Guide

Thank you for your interest in the GP Exercise Referral course with Amac. Within this course guide, you will find information on the different parts of the course.

If you need further information then visit our website or ring 01227 831 840 or via email on info@amactraining.co.uk.

Course

- GP Exercise Referral – 5 days attendance

Pre requisites

Over 18

First Aid certificate (valid)

Level 3 Fitness Instructor/Personal Trainer (copy of certificate required)



Objectives of Course

This qualification is particularly aimed at Personal Trainers or Advanced Instructors who are seeking to enhance their qualifications. It will give you the skills to work with those defined as low risk in the Exercise Referral Quality Assurance Framework and REP's, where specialist training is required in order to devise suitable programmes.

Qualification Units

- The signs, symptoms and basic pathology of specific stable conditions.
- The implications and effects of specific medications relating to those conditions.
- How to plan, deliver, manage and evaluate a safe, effective and progressive adapted physical activity programme, personalised to individual client's needs and lifestyle.

Assessments

- Theory exam – 30 questions, pass mark 21/30 60 minutes
- Medication worksheet – 100% pass mark
- Case study with progressive programme and viva
- Practical – on-course

Costs of inactivity

The Department of Health has estimated the annual costs to the NHS as a result of physical inactivity as between £1 billion and £1.8 billion. The cost of lost productivity to the wider economy have been estimated at around £5.5 billion from sickness absence and £1 billion from premature death of people of working age. Taken together these costs total approximately £8.3 billion every year.

Introduction

Physical activity had a key part to play in improving health and well-being. It helps to prevent cardiovascular disease, stroke and some forms of cancer, the UK's leading killers. It can also reduce the risk of developing hypertension, diabetes, overweight and obesity.

6 out of 10 men and 7 in 10 women are not active enough to benefit their health. It has been estimated that 37% of CHD deaths could be attributed to inactivity.

Regular physical activity

- Decreases the risk of cardiovascular disease mortality in general and of CHD mortality in particular. Physically inactive people have about double the risk of CHD.
- Prevents or delays the development of high blood pressure, and reduces blood pressure in people with hypertension.
- Helps people to control their body weight, and in controlling diabetes
- Can help to reduce the risk of falls and accidents, by improving bone health and maintaining strength, coordination, cognitive functioning and balance.
- Reduces the risk of colon cancer, and evidence is growing to support linked with other forms of cancer. Moderate intensity physical activity enhances the immune system.
- Reduces the risk of depression, and has a positive benefits for mental health including reducing anxiety, and enhancing mood and self-esteem.
- Can play a valuable role in the prevention and treatment of non-specific chronic low back pain.

What is the exercise referral process?

- Patients are selected from the community by a GP/Community nurse/health care professional
- Who then refers them to an exercise professional
- Who undertakes an exercise/physical assessment on the patient and designs an exercise intervention for them.
- The patient is provided with long-term support to remain active and their experience on the scheme and any health outcomes are evaluated.
- This is fed back to the scheme so it can be improved.

Certification

Level 3 Central YMCA Qualifications Certificate in Exercise Referral for Clients with Specific Controlled Conditions