



# GP Exercise Referral

*Course Guide*

Thank for you 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](mailto:info@amactraining.co.uk).

## Course

- GP Exercise Referral – 5 days attendance plus homestudy/online learning plus exam

## Pre requisites

Learners are expected to have a CYQ Level 2 Certificate in Fitness Instructing (or equivalent) in the following disciplines only:

- Gym-based Exercise
- Group Exercise to Music
- Water-based Exercise

## Objectives of Course

The aim of this qualification is to equip learners with the underpinning knowledge and practical skills required to plan, deliver, manage and evaluate a safe, effective and progressive adapted physical activity programme for referred clients/patients with specific controlled conditions.

## Qualification Units

Unit 1 Anatomy and physiology for exercise and health (You may be exempt if hold this already)

Unit 2 Applying the Principles of Nutrition to a Physical Activity Programme (You may be exempt if hold this already)

Unit 3 Professional Practice for Exercise Referral Instructors

Unit 4 Understanding Specific Controlled Medical Conditions

Unit 5 Planning Exercise Referral Programmes with Patients

Unit 6 Delivering Exercise Referral Sessions



## Certification

Upon completing the personal trainer course with Amac, you will receive the following certification:

Level 3 Central YMCA Qualifications Diploma in Exercise Referral for Clients with Specific Controlled Conditions (QCF)

# Exercise Referral Instructor



## Job Profile

### The work

An exercise referral instructor's role includes assessing pre-exercise readiness and designing, delivering, monitoring, adapting and tailoring exercise programmes for individual patients with one or more specific controlled medical condition. They collect and interpret relevant patient information aiming to ensure the safety and effectiveness of exercise programmes and actively encourage patients to adopt regular physical activity and an active lifestyle, employing appropriate motivational strategies to achieve this.

### 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.*

### Occupational Role

1. Collecting and recording information relating to individual patients and abiding by data protection/confidentiality protocols.
2. Carrying out pre-exercise readiness screening, appropriate physical assessment and other relevant assessments to include risk stratification, to establish whether or not it is suitable for the patient to commence an exercise programme.
3. Assessing, monitoring and managing controllable risk to patients arising from exercise participation throughout the referral period.
4. Interpreting and applying information relating to individual patients with regard to appropriate and effective programme design.
5. Identifying, agreeing and reviewing SMART short, medium and long term goals with the patient with the aim of ensuring the effectiveness of the exercise programme.
6. Promoting a range of physical activity opportunities in accordance with the specific needs of the patient.
7. Adapting, tailoring and delivering exercise appropriately according to the medical condition/s and specific needs of the patient based on the results from the physical/ exercise assessments, medical information, condition specific evidence-based guidelines, consultation and patient goals and objectives.
8. Educating patients about specific exercise contraindications, risk factors and special considerations which need to be taken into account for their medical condition/s during physical activity.
9. Providing patients with accurate, evidence-based information on nutritional guidelines for their medical condition, where relevant and according to professional role boundaries.
10. Developing and applying strategies to motivate patients to adhere to an exercise programme during the referral period.
11. Proactively interacting and developing positive relationships with patients and their significant others, as appropriate, in order to facilitate patient adherence and encourage participation in physical activity beyond the referral period.
12. Promoting healthy active lifestyles and equipping patients with strategies to lead a healthy active lifestyle.
13. Keeping up to date with health and fitness sector developments and best practice exercise guidelines for specific medical conditions to ensure safe and effective programmes that meet patient needs, for example by undertaking relevant CPD and reviewing the research/literature base.
14. Making the appropriate decisions relating to patients and their programmes/goals and, where required, referring the patient to their GP for onward referral to a more appropriate professional, for example, where a patient is an obese diabetic with poor blood glucose control and is not under the supervision of a registered dietician.
15. Working within the parameters given at Level 3, recognising the standards and professional limitations that this provides, referring to appropriate members of staff, but particularly Level 4 Specialist Instructors, for guidance and support.
16. Contributing to the data collection process for the purposes of monitoring and evaluating exercise referral schemes.
17. Acting as a positive role model for all patients.

# Level 3 Anatomy and Physiology

## Course Information



### Introduction

This unit covers the knowledge an instructor needs about anatomy and physiology relating to exercise programming for a range of clients.

### Format

This is a home study theoretical part of the course which is one of the four accredited units of the qualification. You will receive a pack that guides you through the various subject areas. There is also a mock paper that can be attempted to help you decide if you are ready for the exam. You do not need to submit any of the work completed for home study.

## Content

### Understand the heart and circulatory system and its relation to exercise and health

You will be able to:

- Explain the function of the heart valves
- Describe coronary circulation
- Explain the effect of disease processes on the structure and function of blood vessels
- Explain the short and long term effects of exercise on blood pressure, including the valsalva effect
- Explain the cardiovascular benefits and risks of endurance/aerobic training
- Define blood pressure classifications and associated health risks

### Understand the musculoskeletal system and its relation to exercise

You will be able to:

- Explain the cellular structure of muscle fibres
- Describe the sliding filament theory
- Explain the effects of different types of exercises on muscle fibre type
- Name, locate and explain the function of muscles and their attachment sites for the major muscles of the body
- Identify the anatomical axis and planes with regard to joint actions and different exercises
- Describe joints/joint structure with regard to range of motion/movement and injury risk
- Describe the structure of the pelvic girdle and associated muscles and ligaments

### Understand postural and core stability

You will be able to:

- Describe the structure and function of the stabilising ligaments and muscles of the spine
- Describe local muscle changes that can take place due to insufficient stabilization
- Explain the potential effects of abdominal adiposity and poor posture on movement efficiency
- Explain the potential problems that can occur as a result of postural deviations
- Explain the impact of core stabilisation exercise and the potential for injury/aggravation of problems
- Explain the benefits, risks and applications of the following types of stretching

# Level 3 Anatomy and Physiology



## Course Information

### Content Continued

#### Understand the nervous system and its relation to exercise

You will be able to:

- Describe the specific roles
- Describe nervous control and transmission of a nervous impulse
- Describe the structure and function of a neuron
- Explain the role of a motor unit as the functional contractile unit of a muscle
- Explain the process of motor unit recruitment and the significance of a motor unit's size and number of muscle fibres
- Explain the function of muscle proprioceptors and the stretch reflex
- Explain reciprocal inhibition and its relevance to exercise
- Explain the neuromuscular adaptations associated with exercise/training
- Explain the benefits of improved neuromuscular coordination/efficiency to exercise performance

#### Understand the endocrine system and its relation to exercise

You will be able to:

- Describe the functions of the endocrine system
- Identify the major glands in the endocrine system
- Explain the function of hormones

#### Understand energy systems and their relation to exercise

You will be able to:

- Identify the contribution of energy
- Identify the by-products of the three energy systems and their significance in muscle fatigue
- Describe the effect of endurance training/advanced training methods on the use of fuel for exercise

### Assessments

**Assessment Element 1: Theory Paper.** Externally set and assessed theory test in the form of a multiple choice written theory paper, externally set and marked by CYQ.

The time allocation for the theory paper is 50 minutes. The theory assessment will comprise 40 questions where learners must achieve a minimum of 28 marks overall to pass.

When you are ready to sit the exam, call or email and you will be advised on what dates and venues are available.

### Certification (Units)

Anatomy and physiology for exercise and health (This unit is part of the Certificate in Exercise Referral for Specific Controlled Conditions (QCF))

# Level 3 Principles of Nutrition



## Course Information



### Introduction

This unit covers the learner's ability to apply the principles of nutrition to support client goals as part of an exercise and physical activity programme.

### Format

This is a home study theoretical part of the course which is one of the four accredited units of the qualification. You will receive a pack that guides you through the various subject areas. Some of this content may also be discussed on the 6 day course. You do not need to submit any of the work completed for home study.

### Content

- Understand the principles of nutrition
- Understand key guidelines in relation to nutrition
- Understand nationally recommended practice in relation to providing nutritional advice
- Understand the relationship between nutrition and physical activity
- Understand how to collect information relating to nutrition
- Understand energy systems and their relation to exercise
- Understand how to use nutritional information
- Understand the principles of nutritional goal setting with clients
- Be able to apply the principles of nutrition to a physical activity programme

### Assessments

#### Assessment Element 1: Theory Assessment

A multiple choice test of the underpinning knowledge will be externally set and marked by Central YMCA Qualifications. The time allocation for the theory assessment is 50 minutes. This will comprise 40 questions where learners must achieve a minimum of 28 marks (70%) overall to pass.

#### Assessment Element 2: Case Study

The case study should be carried out on apparently healthy adult who does not require nutritional intervention from a doctor/dietician/nutritionist e.g. does not have any of the following conditions: Diabetes; Eating disorder; Crohn's disease; Coeliac disease. The client can be selected from a number of sources, this may include: fellow students within the group or friends or relatives or partners or spouses. The client should have a measurable goal and require sufficient nutritional advice to enable the learner to meet the criteria outlined in the client consultation form.

### Certification (Units)

Applying the Principles of Nutrition to a Physical Activity Programme (This unit is part of the Certificate in Personal Training)

# Level 3 Professional Practice



## Course Information



### Introduction

This unit covers the learner's knowledge and understanding required to practice safely and professionally within an interdisciplinary team.

### Format

This is covered on a 5 day course when you will be given a comprehensive manual and all the necessary worksheets to complete on course or as part of your homework.

### Content

- Know their role & responsibilities within the exercise referral pathway
- Explain the responsibilities of each role within an exercise referral scheme
- Describe the inter-professional boundaries within an exercise referral scheme
- Explain how patient confidentiality is maintained in an exercise referral scheme
- Describe how to deal with a patient who has a medical condition that is not covered by the exercise referral National Occupational Standards
- Know the policies and procedures that relate to the exercise referral instructor job role
- Outline the key points of government policies relating to exercise referral schemes
- Describe the procedures exercise referral instructors must follow to ensure patient safety
- Appropriate screening and risk stratification for exercise referral
- Identify factors that contribute towards increasing the risks associated with participating in physical activity/exercise
- Know how to collect, analyse and record information for a client based on the physical, psychological, medical and lifestyle factors which have been identified through the use of questionnaires and assessments
- Explain how the procedures implemented benefit the patient
- Outline the medico-legal requirements relevant to the exercise referral instructor job role
- Understand professionalism in the context of exercise referral
- Explain how appearance, body language and verbal communication influence patients' perception
- Explain how an exercise referral instructor can conduct themselves in a professional manner
- Describe the role of codes of ethical practice in professionalism

### Assessments

#### **Assessment Element 2: Professional Practice for Exercise Referral Instructors Worksheet**

Students are required to successfully complete the Professional Practice for Exercise Referral Instructors Worksheet.

# Level 3 Controlled Medical Conditions



## Course Information



### Introduction

This unit covers the learner's understanding of the specific controlled medical conditions that patients referred to an exercise referral scheme may be experiencing. Learners will also gain the skills to review medications to understand their impact on any exercise programmes they develop as part of an exercise referral.

### Format

This is covered on a 5 day course when you will be given a comprehensive manual and information.

### Content

- Understand specific controlled medical conditions
  - Cardiovascular Conditions
  - Atherosclerosis
  - Hypertension
  - Hypercholesterolaemia
- Muscular/Skeletal Conditions and Physical Limitations
  - Osteoarthritis (OA)
  - Rheumatoid Arthritis (RA)
  - Osteoporosis (OP)
  - Simple mechanical back pain
  - Spondylosis
  - Joint replacement – Hip / Knee
- Endocrine Related Conditions
  - Diabetes Mellitus (Type I)
  - Diabetes Mellitus (Type II)
  - Overweight/Obesity
- Respiratory Related Conditions
  - Asthma
  - Chronic Obstructive Pulmonary Disease (COPD)
- Mental Health Related Conditions
  - Depression
  - Stress
  - Anxiety
- Neurological Related Conditions
  - Stroke
  - Parkinson's Disease
  - Multiple Sclerosis
- Understand medications and their implications for exercise
  - Drugs Prescribed for Cardiac Conditions and Hypertension
  - Drugs Prescribed for Respiratory Conditions
  - Drugs Prescribed for Endocrine Conditions
  - Drugs Prescribed for Pain Relief
  - Drugs Prescribed for Depression/Anxiety/Stress

### Assessments

**Assessment Element 3: Theory Paper.** Externally set and assessed theory test in the form of a multiple choice written theory paper, externally set and marked by CYQ. The time allocation for the theory paper is 40 minutes. The theory assessment will comprise 30 questions where learners must achieve a minimum of 21 marks overall to pass. Taken on 5 day course.

**Assessment Element 4: Internally Assessed Medications Worksheet**

# Level 3 Planning and Delivering

## Course Information



### Introduction

This unit covers the knowledge and skills required to design, manage, adapt and deliver an exercise referral programme with patients with low to medium risk medical conditions that are appropriately managed and suitable for referral to such a scheme or on a private basis with consent from an appropriate medical professional.

### Format

This is covered on a 5 day course during which you will complete a case study, worksheets and evaluation. You will deliver chair-based exercise as part of the observed assessment which you will learn about on course.

## Content

### Planning and preparing sessions

- Understand how to prepare exercise referral programmes
- Be able to plan an exercise referral programme with patients
- Be able to manage an exercise referral programme
- Be able to review progress with patients
- Be able to adapt an exercise referral programme with patients
- Understand the importance of long term behaviour change for exercise referral patients
- Understand the principles of collecting information to plan an exercise referral programme
- Understand how to screen patients prior to an exercise referral programme
- Understand how to identify health related fitness goals with patients
- Understand how to plan an exercise referral programme with patients
- Understand how to adapt an exercise referral programme with patients

### Delivering sessions

- Understand how to instruct exercise during exercise referral sessions
- Understand how to adapt exercise to meet patient needs during exercise referral sessions
- Understand how to review exercise referral sessions with patients
- Be able to plan and prepare exercise referral sessions
- Be able to prepare patients for exercise referral sessions
- Be able to instruct and adapt planned exercises
- Be able to bring exercise sessions to an end
- Be able to reflect on providing exercise referral sessions



# Level 3 Programming and Delivering



## Course Information

### Assessments

#### **Assessment Element 5 – Case study, progressive programme and viva**

Students will be internally assessed on aspects of units 4 and 5 by an independently assessed case study and exercise programme for a client / patient with a specific controlled medical condition. You will not implement the programme.

#### **Assessment Element 6 – Continuous Observation**

Students will demonstrate their ability to instruct and adapt an exercise session for an individual with a specific controlled medical condition.

You will be taught how to deliver a chair-based exercise session for this purpose which you will be able to go on and use in the future with clients. The session is simulated and will be carried out on peers during the 5 day course. Evidence for this assessment element must be from direct observation of your performance.

The learner must demonstrate competence instructing four different planned components to a range of four different clients / patients. The instructed activities must be suitable for the selected clients / patients and their specific controlled condition.

#### **Evaluation**

Students will evaluate the component taught identifying strengths and weaknesses and indicate lessons to be learned for future session planning and delivery.