

L3 Exercise Referral Instructor (Active IQ)



Entry Requirements

Over 18

You must hold a recognised Level 3 Personal Trainer or equivalent (Those with L2 fitness instructor can enrol along L3 nutrition and A&P which are chargeable)

Course Overview

This is an industry recognised online qualification that allows the holder to work as an exercise referral instructor and gain entry at Level 3 onto the Register of Exercise Professionals (REPS). The aim of this qualification is to equip fitness instructors or personal trainers 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. It will give you the skills to work with those defined as low risk in the Exercise Referral Quality Assurance Framework and REPs, where specialist training is required in order to devise suitable programmes.

Course Content

- The principles of collecting information to plan an exercise referral programme, the principles of risk stratification in exercise referral and the principles and procedures of record keeping
- How to identify goals with exercise referral patients and instruct, adapt, and review exercise sessions with these patients
- How to plan, prepare, monitor and adapt an exercise referral programme with patients and understand the importance of long term behaviour change for these patients

- The current healthcare systems in the UK, the exercise referral process, the roles and responsibilities of the professional within an exercise referral scheme and the role and importance of exercise referral, related policies and key documents
- The concept of a patient centred approach
- The clinical features of medical conditions relevant to exercise referral programmes, the relationship between exercise and specified exercise referral medical conditions, the accepted methods for treatment/management of medical conditions relevant to exercise referral programmes and how to programme safe, effective exercise programmes for patients with specified exercise referral medical conditions

Recognised Qualification

- RQF qualification awarded by Active IQ
- SkillsActive recognised

Accreditations

Active IQ



SkillsActive
More People, Better Skilled, Better Qualified

Format Options



40-60 hrs

Elearning

This is an elearning course with Active IQ and there is an optional hard copy manual you can purchase. Students will have access to one-to-one course support from a Specialist Tutor. This will be via telephone, email or skype for help with learning and assessment.

Face-to-face

You can choose to study this course through blended learning where you will be taught across two days in conjunction with eLearning.

Assessment

- Coursework/worksheets
- Video of their practical demonstration of a consultation (you will need a participant to take part in their video assessment)

Certification

Level 3 Active IQ Diploma in Exercise Referral

Active IQ

What next?

- L4 Obesity and Diabetes Specialist Instructor