

L4 Obesity and Diabetes Specialist Instructor (Active IQ)



Entry Requirements

Over 18

You must hold a recognised Level 3 Exercise Referral qualification or equivalent.

Course Overview

This is an industry recognised qualification that allows the holder to work with obese and diabetic clients, designing and delivering weight management programmes to improve their health and well-being and helping to improve their quality of life. It also enables you to gain entry at Level 4 onto the Register of Exercise Professionals (REPS). If you want to expand your services and enjoy rewarding work with this client group, then this qualification is for you.

Course Content

- The prevalence and strategies for the management of obesity and diabetes
- How to determine obesity-related health risk
- The causes and pathophysiology of obesity and diabetes
- Appropriate training approaches to plan and design exercise programmes for client's obesity and/or diabetes
- Medications, psychological/sociological factors and co-morbidities that influence an individual's ability to exercise safely and effectively
- How to implement a corrective diet in the management of obesity and diabetes

Recognised Qualification

- RQF qualification awarded by Active IQ
- SkillsActive recognised and Level of entry onto REPs: Level 4 Specialist

Accreditations



Format Options



30-40 hrs

Face-to-face

You will be required to attend two days and also complete home study tasks and reading.

Prior the course you will be sent a comprehensive manual for pre-reading. During the course the following areas will be covered.

- Prevalence and classification of obesity, metabolic syndrome and diabetes
- Development and pathophysiology of obesity and diabetes
- Planning and delivering physical activity and nutrition strategies for obesity and diabetes management

In-house

This course requires two days attendance when you will be given a comprehensive training manual. If you are interested in making a group booking we can provide this qualification as an in-house course and create a bespoke delivery and assessment format to meet your needs.

Assessment

- Units assessed through coursework
- Theoretical case study

Certification

Active IQ Level 4 Certificate in Physical Activity and Weight Management for Obese and Diabetic Clients



What next?

- L3 Personal Trainer
- L3 Older Adults
- L3 Ante Natal and Post Natal