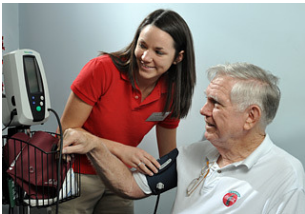


# WRIGHT FOUNDATION

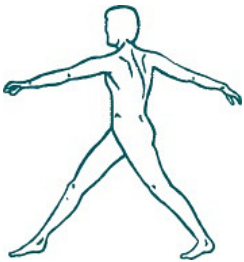
## LEVEL 4 CARDIAC REHAB. PHASE IV

### Advances in Exercise Referral Training

SUCCEED



EXCEL



FLOURISH



# WRIGHT FOUNDATION

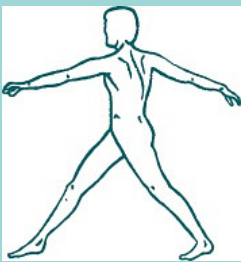
## LEVEL 4 CARDIAC REHAB. PHASE IV

### The aim of the Cardiac Rehab. course

#### SUCCEED



#### EXCEL



#### FLOURISH



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

- Written embracing the most current research findings from the UK, Europe, Australia and the USA including the outstanding findings from our own WRIGHT Foundation Research. This new and gold standard course is written by leading researchers, cardiologists, sport and exercise medicine specialists, sports scientists and fitness professionals.
- The course is endorsed for accuracy and content by leading cardiac specialists from the UK, Europe and the USA. The contents go beyond the National Standard with new, but soundly proven research into the ever progressing world of Cardiac Rehabilitation. As is expected from the WRIGHT Foundation, patient safety and wellbeing has been paramount in the compilation of this course.
- Practical experience and research into UK, European, Australia and USA rehab systems have ensured this is the gold standard for Cardiac Rehabilitation Phase IV.

# Level 4 Cardiac Rehab. Phase IV qualification



This is a 5 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 Cardiac Rehabilitation and specifically in the Phase IV setting.

The course is endorsed by Skills Active and the Register of Exercise Professionals, contributing to 20 REPs CPD points.



## Learning outcomes and objectives

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

- Knowledge of Phase I to III Cardiac Rehabilitation
- Medication, risk stratification, contraindications to exercise and exercise prescriptions
- Heart diseases in children
- Heart surgery
- Basics of nutrition and diet in the treatment and prevention
- Basics of exercise therapy in the context of cardiac rehab.
- Co-morbidity and other problems linked to CHD: age, diabetes, infarction and arrhythmia
- Diagnostic basics; e.g. ECG, Ecocardiogram, Coronary angiogram, Arrhythmia
- Monitoring processes; e.g. ECG, taking pulse, blood pressure, heart rate monitors, RPE
- Guidelines for Cardiac Rehab.
- Theory of endurance training, resistance training, vibration training
- Patho-physiology, drug therapy, dietary and exercise therapy in CHF
- Theory of valvular heart disease
- Psycho-social aspects, motivational strategies and compliance
- Relaxation techniques: PMR, autogenic training, imagination techniques
- Potential risks, first aid and lifestyle changes

# Level 4 Cardiac Rehab. Phase IV 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\*

*\*Should students wish to gain REPs accreditation, they must hold the relevant gym based pre-requisites: e.g. Level 2 Fitness Instructor OR Level 3 Personal Trainer AND WRIGHT Foundation Exercise Referral Certificate or other REPs endorsed Exercise Referral qualification.*

## Further info.

- Current price £625 (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*
- \* A written multiple choice end of course exam question paper*
- \* Following the 5 day course you will need to attend at least five sessions totalling 10 hours viewing Cardiac Rehab Phase III over a maximum of six weeks*
- \* A written case study to be completed following the course*

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**For an application and  
for all current course dates  
click on the website link  
below:**

[www.wrightfoundation.com](http://www.wrightfoundation.com)

**To speak to someone about  
this, our Level 3 Exercise  
Referral or Level 4 Specialist  
courses call:**

**01382 451188**

**Or email:**

[info@wrightfoundation.com](mailto:info@wrightfoundation.com)

