

# WRIGHT FOUNDATION

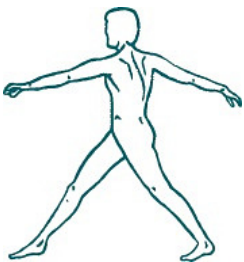
## LEVEL 4 MENTAL HEALTH

Advances in Exercise Referral Training

### SUCCEED



### EXCEL



### FLOURISH



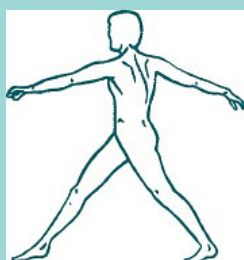
# WRIGHT FOUNDATION

## LEVEL 4 MENTAL HEALTH

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### The aim of the Mental Health course

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

- To develop an understanding of the nature and prevalence of mental health problems and psychological well-being, and the common care pathways and treatments.
- To develop a critical understanding of the quality of research evidence that underpins evidence-based practice for promoting physical activity to enhance mental health.
- To develop an understanding of what the research literature suggests about the effects of physical activity on mental illness, mental health problems, psychological well-being, and quality of life.
- To develop an understanding of how exercise improves mental health through specific mechanisms (e.g., bio-physical, psycho-social), in order to guide physical activity promotion.
- To develop a range of skills to facilitate the effective promotion of physical activity among clients with mental health issues.

# Level 4 Mental Health qualification



This is a 3 day course delivered at venues across the UK and Internationally by experienced University lecturers and boasting the most comprehensive syllabus.

The course is designed to equip the exercise professional with all the key information, knowledge and understanding to be confident in working with clients in the context of Mental Health in various settings

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

- Dimensions of mental health: prevalence, care pathways and treatments
- What do we mean by evidence in evidence-based physical activity promotion for enhancing mental health?
- The evidence for relationships and mechanisms, with implications for practice
- Additional issues in promoting behaviour change for people with mental health problems
- Exercise considerations and impact on;
  - *Depression*
  - *Anxiety*
  - *Self-esteem*
  - *Cognitive functioning*
  - *Falls prevention*
  - *Mood*
  - *Sleep*
  - *Addiction treatment*
  - *Anti-social behaviour*
- Quality of life among people with physical and mental illness (eg, cardiac problems, cancer, AIDs/ HIV, schizophrenia, chronic fatigue syndrome, arthritis and pain)
- Measurement tools that may be used in the physical activity and mental health context.



## Learning outcomes and objectives

The course boasts a comprehensive syllabus for those seeking to advance their knowledge of exercise and Mental Health, including (see right):

# Level 4 Mental Health 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.

- Cost: Current price £495 (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 on Day 1 of the course*

*\* Worksheet based on a theoretical client case study to be completed as homework on Day 2 (not formally assessed).*

*\* Group Presentation - Day 3 (not formally assessed).*

*\* A written case study to be completed following the course*

*\* You will be required to attend 4 observational sessions, viewing exercise in a supported mental health setting*



**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)



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