

# WRIGHT FOUNDATION

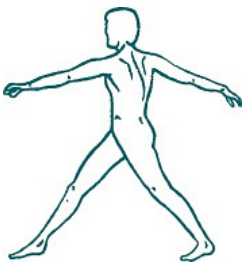
## LEVEL 4 PULMONARY REHABILITATION "in the community"

Advances in Exercise Referral Training

SUCCEED



EXCEL



FLOURISH



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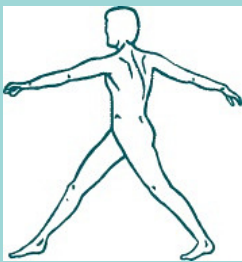
## LEVEL 4 PULMONARY REHABILITATION

### "in the community"

#### SUCCEED



#### EXCEL



#### FLOURISH



#### The aim of the Pulmonary Rehab. course

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

- Written, embracing the most current research findings from the UK, Europe and the USA. This gold standard course is written by leading researchers, consultants, exercise and sport medicine specialists, sports scientists and fitness professionals from the WRIGHT Foundation.
- This is a unique course, endorsed for accuracy and content by leading pulmonary specialists from the UK, Europe and the USA.
- As is expected from the WRIGHT Foundation, client safety and wellbeing has been paramount in the compilation of this course. Practical experience and research into the UK, European, USA Pulmonary Rehab systems have ensured this is the gold standard for Pulmonary Rehabilitation.

# Level 4 Pulmonary Rehab. 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 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 Pulmonary Rehabilitation and specifically in the community 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 pulmonary rehabilitation, including (see right):

- The Value of Pulmonary Rehab
- Components of pulmonary rehabilitation
- Who is suitable for pulmonary rehabilitation, the patient/client group
- Dyspnoea (breathlessness), mechanics of breathing, effects of pulmonary disease on respiration and dealing with breathlessness
- Review of anatomy and physiology
- Pathology, systemic effects and Co-morbidities
- Diagnostics; e.g. spirometry, peak flow, chest x ray, CT scan, bronchoscopy
- Assessment for pulmonary rehabilitation “in the community”
- Treatment and management of disease; e.g. medications, delivery systems, oxygen therapy and other interventions
- Overview of national guidelines
- Exercise physiology; lung ventilation and exercise, muscle, systemic nature of pulmonary disease, abnormal nutrition, hormones and weight Loss, hormones and growth factors, central nervous system
- Exercise testing and prescription
- Risk assessment and emergency planning
- Motivation, behavioural and lifestyle management

# Level 4 Pulmonary Rehab. 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
- \* Multi-choice end of course exam question paper
- \* A written multiple choice end of course exam question paper
- \* Following the 3 day course you will be required to attend a minimum of 4 sessions totalling 8 hours viewing Pulmonary Rehabilitation in a hospital over a maximum of five weeks
- \* A written case study to be completed following the course

**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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