

**Leading by Achievement and Example**

GP EXERCISE REFERRAL  
TRAINING AND CONSULTANCY

**FORWARD WITH THE FUTURE**



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## FORWARD WITH THE FUTURE A MESSAGE FROM THE PRESIDENT

At the **WRIGHT Foundation** our motto of “**Leading by Achievement and Example**” is taken very seriously, and as expected from us, our future planning strategy has been meticulously put in place to ensure the highest quality of progress.

Our UK brand leader G.P. Exercise Referral Course, leading to the **WRIGHT Foundation** Qualification, continues to be the highest status course available in the U.K. The lecturing team is headed by our Principal Lecturer, Gavin Loze BSc (Hons).

### **NEW SPECIALIST COURSES**

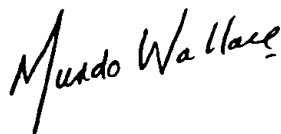
We are now introducing further in depth learning in Exercise Referral with the New Level 4 Specialist Courses, the New Gold Standard Cardiac Rehab Phase IV, Pulmonary Rehab “in the community” Obesity & Diabetes, Lower Back Pain, Mental Health.

### **NEW WRIGHT Foundation Research Network**

I and everyone at the Foundation are extremely proud of the results from our first pilot Research Study - TOUCH - Chronic Heart Failure. The Study substantiated exceptional findings for CHF. For details visit [www.wrightfoundation.com](http://www.wrightfoundation.com)

For full details of the courses visit [www.wrightfoundation.com](http://www.wrightfoundation.com) or telephone on 01382 451188

Go “**Forward with the Future**” with the **WRIGHT Foundation**  
Thank you for your interest and attention



MURDO WALLACE  
President & Founder

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## THE WRIGHT FOUNDATION WHO'S WHO

# ABOUT THE WRIGHT FOUNDATION

### The WRIGHT Foundation Team

### The WRIGHT Foundation Team

<b>President &amp; Founder</b>	Murdo Wallace
<b>Medical</b>	Professor Dr. Henry Schulz MD
<b>Medical &amp; Sports Medicine</b>	Professor Guenter Tidow
<b>Principal Lecturer</b>	Gavin Loze BSc (Hons)
<b>Director of Research of Specialist Courses</b>	Peter Wright BSc & MSc
<b>Cardiac Phase IV Rehabilitation</b>	Professor Schulz Dr Droese Peter Wright BSc & MSc
<b>Cancer Rehabilitation</b>	Professor Robert Thomas MRCP MD FRCR



Murdo Wallace



Professor Dr Henry Schulz



Gavin Loze



Peter Wright

### Medical Advisory Panel

Led by our Medical Professor Dr Henry Schulz

### Physiology and Exercise Science Panel

Led by our Principal Lecturer Gavin Loze BSc (Hons)



Professor Thomas



Professor Tidow

# A MONUMENTAL AND INNOVATIVE STEP FORWARD FOR THE LEISURE INDUSTRY

## THE WRIGHT FOUNDATION PHILOSOPHY

“Of health being a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity”

*World Health Concept*

## WHY DID THE WRIGHT FOUNDATION INITIATE THE FIRST MEDICALLY LED, UK WIDE EXERCISE REFERRAL QUALIFICATION?

To dispel the disquiet of Medical and Leisure Professionals who have been concerned regarding:

- The suitability and qualifications of the individuals operating referral programmes
- The quality of the facilities and therapy provided
- The health and safety of the referred patients

The **WRIGHT Foundation** formulated the first medically led GP Referral Programme Qualification in conjunction with leading Medical, Physiology, Exercise Scientists and Principal Universities. It has set uniformly high standards and enables Sport/Leisure Centres to:

- Qualify staff on a Nationally Recognised Qualification Course
- Establish an Exercise Referral Programme of the highest standard
- Assure medical professionals and patients of a Nationally Endorsed and Quality Controlled standard of therapy and facility.

## THE BACKGROUND

Five years of research and a highly successful pilot project has led to the Qualification Course Syllabus emanating from the knowledge gained.

## SPORT/LEISURE CENTRE BENEFITS

- The **WRIGHT Foundation** Qualification gives you a leading edge over your competitors and raises the Centre's prestige and profile within the community through being part of an innovative UK National Programme
- Dramatically increase your income through attendance at off-peak times

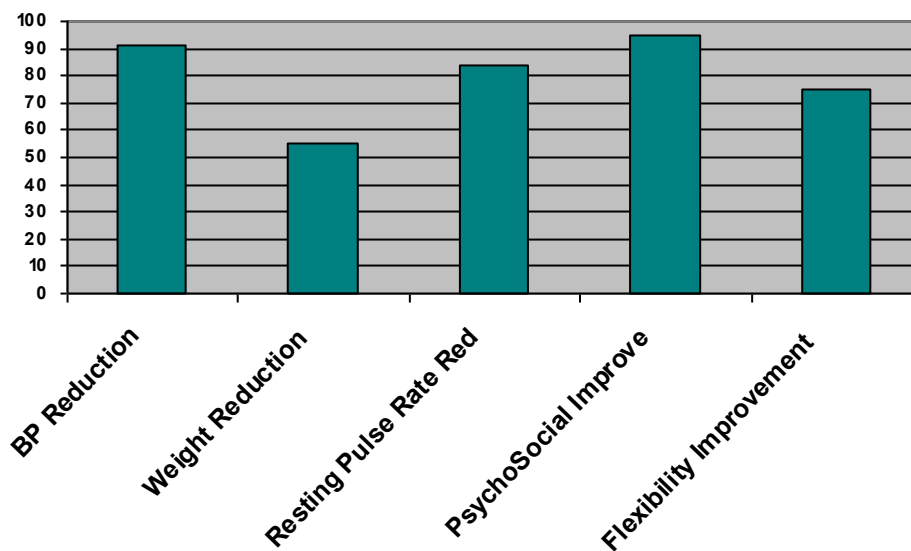
Number of patients that were first time customers: 99%

Number of patients still using the Centre:	
after 6 months	75%
after 12 months	63%

(Figures based on **WRIGHT Foundation** Pilot Project Findings)

- Opens a whole new market
- Promoting healthy lifestyle
- Providing a service to the local community

## HEALTH TEST RESULTS



## REFERRAL PROGRAMME CONSULTANT (RPC) QUALIFICATION

This is a 5 day (Mon -Fri) course at venues throughout the UK. The course is delivered by either our Principal Lecturer or one of our other highly experienced University Lecturers and boasts the most comprehensive syllabus, (see below).

Whilst the course tackles a wide range of medical topics, it also provides a thorough understanding of management, including the setting up, developing and running of a successful G.P. Exercise Referral Programme.

The course provides the knowledge and understanding for qualified candidates to run their own GP Exercise Referral Scheme as well as enabling candidates with existing schemes to develop, improve and expand their current project.

We offer a unique service to our students when qualified. Just telephone or email our office should you have a query and we can assist you in Exercise Referral. There is NO charge for this service unless a full report is required.

## LEARNING OUTCOMES AND OBJECTIVES OF THE WRIGHT FOUNDATION (RPC) QUALIFICATION COURSE

At the end of the Course students will have a basic knowledge and understanding of the following:

- Key definitions and concepts relating to exercise, health and fitness
- The relationships between exercise and health
- The importance of motivation and behaviour change
- How to maintain behaviour change / behaviour strategies
- The aetiology and pathology of common medical conditions including coronary heart disease, musculoskeletal diseases, respiratory diseases and diabetes.
- Exercise limitations and requirements in special populations e.g. pregnancy, obesity, hypertension, diabetes and back pain.
- Main contra-indications to exercise, risk factors, warning signs, symptoms and medical emergencies
- Issues relating to the elderly
- Pharmacology
- Understanding of the NHS – NQAF guidelines and the National Register of Exercise Professionals (REPS).

and have a basic introduction to skills and competencies relating to:

- Communicating effectively and appropriately with patients
- Developing individually based behavioural strategies for exercise and lifestyle
- Recognise and respond to warning signs and symptoms
- Developing and managing a G.P. Exercise Referral Scheme
- How to involve the GP / Medical Professional
- Approaching the Medical Authorities

## **CANDIDATE REQUIREMENTS**

- Leisure Experience- as appropriate to relevant qualifications held
- Outgoing, Friendly, Motivational Personality
- Natural Aptitude to Organisation
- An understanding of Exercise and Fitness Theory
- Preferably 2 A-levels or equivalent
- A relevant Fitness Qualification

The WRIGHT Foundation GP Exercise Referral Qualification

## **WRIGHT FOUNDATION INSTRUCTOR (WFI)**

- Cost £595 (NO VAT)
- Course includes: Course Syllabus & Assessment
- All Courses delivered by our Exclusive Lecturers who hold relevant university degrees and have university lecturing experience
- Advisory Service
- Supply of Master Copies of Suggested Literature



## COURSE CONTENT

### Day 1

**Section 1: Introduction to course and underpinning conceptual understanding**

**Section 2: Wellness—from sedentary to regular exercise participation**

**Section 3: Principles of exercise prescription and exercise programming**

**Section 4: Obesity:**

*Introduction;*

*Definition;*

*Prevalence;*

*Pathophysiology;*

*Symptoms;*

*Aetiology;*

*Treatment;*

*Specific inclusion criteria for referral*

*Exercise prescription.*

***Note: all medical conditions are covered as per the list, above.***

### Day 2

**Section 5: Musculoskeletal disorders:**

*Osteoarthritis (OA);*

*Rheumatoid Arthritis (RA);*

*Joint Replacement;*

*Osteoporosis;*

*Simple Mechanical Back Pain (SMBP).*

**Section 6: The exercise referral process:**

*Model of exercise referral;*

*The initial consultation process;*

*Physiological fitness assessment;*

*The 'typical' client;*

*Other ERS management issues.*

# COURSE CONTENT

**Day 3**

**Section 7: Respiratory disorders:**

*Asthma;  
Chronic Obstructive Pulmonary Disease (COPD).*

**Section 8: Mental health disorders**

*Stress;  
Anxiety;  
Depression.*

**Section 9: Exercise psychology for ERS**

*Recognising different motives;  
Readiness to change;  
Major methods used in self-directed behaviour change;  
Maintaining behaviour change: The problem of adherence;  
Social support in exercise promotion.*

**Day 4**

**Section 10: Diabetes Mellitus**

**Section 11: Cardiovascular disease variants**

*Hypertension;  
Hypercholesterolaemia;  
Coronary Heart Disease (CHD)/Angina Pectoris.*

**Day 5**

**Practical assessment: Instructing exercise with referred clients**

**Case Study Report preparation**

**MCQ assessment: Applying the principles of nutrition to a physical activity programme**



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# WRIGHT Solutions

WRIGHT Solutions is a unique software package for Exercise Referral which is produced by the WRIGHT Foundation: The market leaders in all aspects of Exercise Referral, including our GP Exercise Referral Qualification. The WRIGHT Foundation currently embraces the guidelines from the National Quality Assurance Framework 2001 in our training courses and are accepted by the Register of Exercise Professionals as a recognised training provider for our GP Exercise Referral Qualification.

This package is designed for general use by exercise professionals and by those experienced instructors who work alongside them. It is not intended to replace any qualification and is designed as a tool to provide guidance, medical and exercise science information, relevant exercises, management, evaluation and analytical data.

**A COMPLETE MANAGEMENT, EVALUATION AND ANALYTICAL TOOL GIVING THE USER THE CONTROL TO MEET THE NHS NATIONAL QUALITY ASSURANCE FRAMEWORK GUIDELINES – REPORTS AND MORE.**

The Glossary reference capability is irreproachable in content and depth containing:

- Details and background information concerning medical conditions, surgical operations and over the counter medicines can be accessed, produced under licence from eMC.
- Information pertaining to prescription medication is also provided. Produced under licence from eMC, approved by the Department of Health's Medicines Control Agency (MCA). No source of medicines information in the UK has greater authority.

**NEW UPDATED VERSION COMING SHORTLY**

**A free Demo CD displaying the Software's capability is available**

Please contact the WRIGHT Foundation to receive one:

t. 01382 451188      f. 01382 451163

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

## **CANCER REHABILITATION COURSE**

### **A NEW ADVANCE IN EXERCISE REFERRAL TRAINING AND QUALITY STANDARD**

#### **THE AIMS OF THE CANCER REHAB COURSE:**

“Strong evidence among survivors of breast cancer and prostate cancer that those who exercise up to three hours a week can reduce the risk of recurrence by up to 40%, prolong their life expectancy by up to 70%”

- This practical course will empower exercise professionals to guide individuals with cancer to a healthy and enjoyable lifestyle which will maximise their chance of living better and longer. The course material is based only on reliable, established and published research from around the world, it was written with the help of patients from a wide range of cultural backgrounds by an experienced cancer team which specialises in lifestyles and exercise research. By the course author Professor Robert Thomas
- Individuals who exercise regularly throughout their lives have been shown in numerous population studies to have a reduced risk of developing cancer. In terms of prevention, it has been shown that being sedentary and overweight could account for 14% of male and 20% of female cancer deaths in the UK.
- The benefits of exercise do not stop after a diagnosis of cancer. A number of studies have proven that patients who exercise regularly after cancer have a better quality of life, have lower risks of side effects, have a lower risk of their cancer returning and generally surviving longer. In terms of cure rate, the two most convincing studies involved men and women with bowel cancer.
- The author of the course is one of Europe's leading Oncologists. Professor Robert Thomas who states, "There is strong evidence among survivors of breast cancer and prostate cancer that those who exercise up to three hours a week can reduce the risk of recurrence by up to 40%, prolong their life expectancy by up to 70% and greatly improve their quality of life".

### **The Main Content**

#### **Introduction**

- Presentation of the course contents
- Relevance of contents for clients and exercise professionals
- Brief resume from Foundation Course

#### **Understanding cancer and its treatments**

- Why is the course needed?
- What is cancer?
- Why does cancer start?
- What lifestyle factors damage DNA and can trigger cancer?
- Our body's defences against cancer
- How is cancer treated?

#### **Understanding exercise and cancer**

- Background evidence: Exercise and cancer
- The underlying mechanisms of benefits
- How can cancer and its treatments affect exercise?
- Radiotherapy
- Chemotherapy
- Hormone therapies
- Biological therapies

## **CANCER REHABILITATION COURSE**

### **The Main Content**

#### **Preparation for exercise**

- Referral for exercise rehabilitation
- The activity for health referral scheme
- Medical indications for the Exercise Referral scheme
- Exclusions for exercise referral

#### **Exercise and cancer rehabilitation: a literature review**

- Exercise and physiological adaptations
- Exercise and immunity
- Exercise and cancer prevention
- Performance adaptations with cancer and exercise intervention
- Exercise and fatigue
- Relapse and recurrence
- Cancer and psychological health
- Exercise and treatment symptoms

#### **Testing and programming guidance**

- Exercise programming: establishing guidelines
- Recommendations for exercise testing
- Recommendations for programming and exercise prescription
- General advice to encourage increased physical activity within day to day life.
- Case studies

#### **Supporting your client**

- Motivational and behaviour change support
- Facilitating change: behaviour change model
- Goal setting
- Planning progression
- Your role in providing support

#### **Diet and cancer**

- Introduction
  - Dietary protein
  - Increasing dietary fibre
  - Reducing unhealthy fat intake
  - Avoiding obesity
  - Dietary supplemented vitamins

#### **Testing and programming guidance**

- Exercise programming: establishing guidelines
- Recommendations for exercise testing
- Recommendations for programming and exercise prescription
- General advice to encourage increased physical activity within day to day life
- Case studies.

#### **Supporting your client**

- Motivational and behaviour change support
- Facilitating change: behaviour change model
- Goal setting
- Planning progression
- Your role in providing support

## **CANCER REHABILITATION COURSE**

### **The Main Content**

#### **Diet and cancer**

- Introduction
- Dietary protein
- Increasing dietary fibre
- Reducing unhealthy fat intake
- Avoiding obesity
- Dietary supplemented vitamins
- Dietary supplemented minerals
- Concerns with supplements
- Potential benefits of supplements
- Probiotics and prebiotics
- Antioxidants
- Alcohol in beer, wine and liquor
- Salt and sugar intake
- Cancer forming chemicals: carcinogens

#### **Other environmental and lifestyle factor which influence cancer**

- Xenoestrogens and environmental chemicals
- Smoking
- Artificial sweeteners
- Sun exposure

#### **Lifestyle advice for symptoms which may affect exercise rehabilitation**

- Introduction
- Symptoms and their effects

#### **Conclusions and summary**

#### **Other aspects of the course**

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 recovering from cancer diagnosis and treatment.

#### **Assessments**

The course is assessed in 4 ways:

1. Multi choice exam paper to be taken on the final day.
2. Practical assessment to be taken on the final day.
3. Group presentation to be made during the course.
4. A case study.

#### **PREREQUISITE QUALIFICATIONS**

WRIGHT Foundation or **OTHER** REPs/SKILLSACTIVE APPROVED EXERCISE REFERRAL QUALIFICATION.

## SPECIALIST COURSES

### *A NEW ADVANCE IN EXERCISE REFERRAL TRAINING AND QUALITY STANDARDS*

The **Specialist Courses** have been designed in response to the massive demand for further SPECIALIST education in exercise referral. The new courses give a learning opportunity for exercise professionals (Referral Programme Consultants) to advance their knowledge and expertise in Exercise Referral, and are designed to target areas of specific medical and population concern.

The **Specialist Courses** being introduced are:

<b>OUT NOW</b>	<b>CARDIAC PHASE IV REHAB</b>
<b>OUT NOW</b>	<b>PULMONARY REHABILITATION</b>
<b>OUT NOW</b>	<b>OBESITY &amp; DIABETES</b>
<b>OUT NOW</b>	<b>CHRONIC LOWER BACK PAIN</b>
<b>OUT NOW</b>	<b>MENTAL HEALTH</b>
<b>OUT NOW</b>	<b>GP REFRESHER</b>
<b>OUT NOW</b>	<b>CANCER REHABILITATION</b>
<b>COMING</b>	<b>DEMENTIA</b>
<b>COMING</b>	<b>FALLS PREVENTION FOR OLDER ADULT</b>
<b>COMING</b>	<b>ARMCHAIR EXERCISE FOR OLDER ADULT</b>
<b>COMING</b>	<b>STROKE</b>

#### **PREREQUISITE QUALIFICATIONS/PRACTICAL REQUIREMENTS**

WRIGHT Foundation or **OTHER** REPs/SKILLSACTIVE APPROVED EXERCISE REFERRAL QUALIFICATION OR EQUIVALENT AS IN REPS REQUIREMENTS

## OBESITY & DIABETES

- Aetiology & Genetics
- Prevalence
- Risk Factors Associated with Obesity
- Energy Intake
- Food Labels
- Energy Balance and Popular Diets
- Measurement Diagnostics
- Data Collection
- Physical Activity
- Exercise Methodology
- Medical and Surgical Intervention
- Childhood Obesity Issues
- Psychological Issues of the Obese Client
- Creation of Treatment Protocols
- Considerate Assessment Techniques
- Lifestyle Modification
- Practical Application
- **Interactive Sessions**
  - Anthropometry
  - Functional Capacity
  - Energy Balance Assessment

## MENTAL HEALTH

- 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.

## CHRONIC LOWER BACK PAIN

- Anatomy of the Spine
- Aetiology of Back Pain
- Exercise Design
- Psychosocial Intervention
- Practical Application
- Prevention of Recurrence
- **Interactive Sessions**
  - Recruitment of Core Stabilisation
  - Balance and Co-ordination Training
  - Functional Posture in ADL



## **We also offer Level 4 Specialist Courses in the following areas...**

- **OBESITY & DIABETES (3 DAY - £395 NO VAT)**
- **MENTAL HEALTH (3 DAY - £395 NO VAT)**
- **CHRONIC LOWER BACK PAIN (3 DAY - £395 NO VAT)**
- **CARDIAC PHASE IV REHABILITATION MEETING THE NEW NATIONAL STANDARDS (5 DAY - £595 NO VAT)**
- **PULMONARY REHABILITATION “in the community” (3 DAY - £395 NO VAT)**
- **CANCER REHABILITATION COURSE LEVEL 4 SPECIALIST COURSE (5 DAY - £595 NO VAT)**

### **Introducing shortly:**

- **STROKE**
- **DEMENTIA**
- **FALLS PREVENTION FOR OLDER ADULT**
- **ARMCHAIRE EXERCISE FOR OLDER ADULT**

**For current course dates please visit our webpage...**

[http://www.wrightfoundation.com/courses\\_specialist.php](http://www.wrightfoundation.com/courses_specialist.php)

## **CARDIAC REHAB PHASE IV COURSE CONTENT**

### ***A NEW ADVANCE IN EXERCISE REFERRAL TRAINING AND QUALITY STANDARDS***

### ***A SPECIALIST LEVEL 4 AWARD***

#### **A MESSAGE FROM THE CHAIRMAN & FOUNDER OF THE WRIGHT FOUNDATION**

I take much pride in announcing the new WRIGHT Foundation Cardiac Rehabilitation Phase IV Course.

“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.

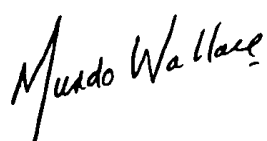
Written embracing the most current research findings from the UK, Europe and the USA including the outstanding findings from our own WRIGHT Foundation Research Charity. This new and gold standard course is written by leading researchers, cardiologists, sport and exercise medicine specialists, sports scientists and fitness professionals.

This course is endorsed for accuracy and content by leading cardiac specialists from the UK, Europe and the USA.

The Level 4 Specialist Cardiac Rehabilitation Phase IV National Standards is contained within the Course. 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, client safety and wellbeing has been paramount in the compilation of this course.

Practical and research into the UK, European, USA rehab systems have ensured this is the gold standard for Cardiac Rehabilitation Phase IV.

Yours in Cardiac Rehab



## **CARDIAC REHAB PHASE IV COURSE CONTENT**

### ***A NEW ADVANCE IN EXERCISE REFERRAL TRAINING AND QUALITY STANDARDS***

#### **●Introduction**

- Presentation of the course contents
- Relevance of contents for clients and exercise professionals
- Brief resume from Foundation Course
- Knowledge of Phase I - II – III

#### **●Written test of knowledge base regarding cardiac diseases, including corrections after resume**

- Medication (UK)
- Risk Stratification
- Contraindications to exercise
- Exercise Prescriptions

#### **●Heart diseases in children**

#### **●Interactive session**

- Get to know games

#### **●Medication**

#### **●Heart Surgery**

#### **●Basics of nutrition and diets in the treatment and prevention of cardiac disease**

#### **●Basics of exercise therapy in the context of cardiac rehab**

- Definition and aims
- Historical background
- International practice (disease management etc.)  
Legislation basics, e.g. organisation, liability
- Basics of exercise/training methodology

#### **●Co-morbidity and other problems linked to CHD: age, diabetes, infarction and arrhythmia**

## **CARDIAC REHAB PHASE IV COURSE CONTENT**

### ***A NEW ADVANCE IN EXERCISE REFERRAL TRAINING AND QUALITY STANDARDS***

#### **●Diagnostic Basics**

- ECG
- Ecocardiogram
- Coronary angiogram
- Arrhythmia
- ECG ST segment deviation/ST segment elevation and ST segment depression/episodes of "silent" depression of the ST

#### **●Interactive Session Monitoring**

- Monitoring processes
- ECG
- Taking pulse measurement/palpitation, blood pressure
- The use of HR-monitors, subjective strain feeling (RPE)

#### **●Assessment of the patient**

#### **●Interactive session Diagnostics: cycle ergometry**

- Transfer of the diagnostic data to the exercise programme, i.e. cycle ergometry, treadmill data

#### **●Refresher on relevant aspects of exercise therapy in the context of CHD**

- Symptoms
- Medication and its effects on exercise therapy, e.g. beta-blockers and HR
- Effects of the disease on the skeletal muscle apparatus (immobilisation)

#### **●Guidelines of various organisations for cardiac rehab phase IV of CHD and/or other common cardiac diseases**

#### **●Literature review on different intervention studies/ summary of results**

## **CARDIAC REHAB PHASE IV COURSE CONTENT**

### ***A NEW ADVANCE IN EXERCISE REFERRAL TRAINING AND QUALITY STANDARDS***

#### **●Therapy structure and planning of specific elements – physiological and didactic principles**

##### **●Interactive session**

- The warm up

#### **●Theory of endurance training as part of the exercise therapy**

- Training methodology: continuous method, interval method
- Summary of results of different intervention studies
- Special considerations: difference between various training forms, i.e. cycling, walking, swimming etc., special environmental considerations: heat, cold, altitude

##### **●Interactive session**

- Exemplary use of different interval methods on the cycle ergometer, walking/Nordic walking (technique)
- Practical walking and Nordic walking

#### **●Theoretical, background of resistance training**

- i) With and without equipment
  - Training methodology
- ii) Special considerations
  - Valsalva manoeuvre
  - Isometric vs. dynamic (BP peaks)

#### **●Vibration Training**

- Theory: Biomechanical stimulus and/or vibration tonus reflex
- Specific biological adaptations to whole body vibration [wbv]
- The conventional use of wbv in rehab
- Summary of results of different intervention studies
- The specific use of vibration training in cardiac rehabilitation
- Safety considerations using wbv in cardiac patients

## **CARDIAC REHAB PHASE IV COURSE CONTENT**

### ***A NEW ADVANCE IN EXERCISE REFERRAL TRAINING AND QUALITY STANDARDS***

- **Refresher CHF**
  - Patho-physiology of CHF
  - Drug therapy of CHF
  - Diuretics
  - CHF specific diet
- **Dietary relevant aspects of CHF**
  - Salt, hydration levels/water retention
- **Guidelines of different organisations regarding the phase IV rehab of CHF**
- **Summary of results from different intervention studies**
- **The use of strength training in the exercise therapy of CHF**
- **Interactive session**
  - Circuit training with and without equipment
  - Hypertrophy and circuit training with special consideration of body position
  - Orthostatic blood pressure changes (standing up etc.)
- **Theory of valvular heart disease**
  - Patho-physiology
  - Symptoms
  - Drug treatment and surgery interventions and their consequences for the exercise therapy i.e. Warfarin
- **Guidelines of different organisations for phase IV rehab of valvular heart diseases**
- **Theory of valvular heart disease**
  - Patho-physiology
  - Symptoms

## **CARDIAC REHAB PHASE IV COURSE CONTENT**

### ***A NEW ADVANCE IN EXERCISE REFERRAL TRAINING AND QUALITY STANDARDS***

- Drug treatment and surgery interventions and their consequences for the exercise therapy i.e. Warfarin
- **Guidelines of different organisations for phase IV rehab of valvular heart diseases**
- **Interactive session**
- **Psycho-social aspects, motivation (Prochaska-Model/ motivational stages), Compliance**
- **Interactive session - Relaxation techniques: PMR, autogenic training, imagination techniques**
- **Interactive session Group work**
  - 4 groups that deal with two different conditions/cases; two groups will plan a group session while the other two plan an individual approach.
  - Planning of a therapy session (5—6 phases: group talk, warm up, resistance training, endurance training, game elements, cool down and reflection/feedback)
- **Potential risks in outpatient cardiac rehabilitation**
- **First aid/emergency actions and equipment requirements**
- **Lifestyle changes**
- **Daily life transfer and/or general recommendations**
  - Job
  - Travelling
  - Sexuality
  - Recreational sports, work: garden etc.

## **CARDIAC REHAB PHASE IV COURSE CONTENT**

### ***A NEW ADVANCE IN EXERCISE REFERRAL TRAINING AND QUALITY STANDARDS***

**N.B. THE FOREGOING CONTENT DOES NOT REFLECT THE  
DEFINITIVE ORDER OF LECTURER DELIVERY**

#### **PRE-REQUISITES FOR CANDIDATES**

- **Candidates must have a REPS/SkillsActive Approved Exercise Referral Qualification e.g. WRIGHT Foundation or equivalent**
- **Current first aid and CPR certificate**

#### **COURSE INFORMATION**

**Following the 5 day course you will need to attend five x 2 hour sessions viewing Cardiac Rehab Phase III over a maximum of six weeks**

#### **ASSESSMENT**

- **Exam relating to Pre Course Reading**
- **Multi-choice exam question paper**
- **Case Study Report**
- **VIVA**

#### **BOOKING YOUR COURSE PLACE**

Should you wish to book a provisional place, telephone 01382 451188 and a place will be held for 48 hours to give you time to submit your application form

Fill in the enclosed application form or print one from our website with all details requested including full details in the payment section

Forward the application form to: WRIGHT Foundation, PO BOX 159, DUNDEE DD1 9HF

A letter confirming your course place will be sent to you on the day the completed application form is received.





## DEVELOPING A WORLD NETWORK OF CENTRES OF RESEARCH EXCELLENCE

### Mission Statement

WRIGHT Foundation non-profit research world network, dedicated to the advancement and development of the relationship between chronic medical conditions, their prevention and rehabilitation through activity and exercise.

The implementation of research findings will be an educational source for Governments, medical and exercise places of learning and extended knowledge for degreed and qualified professionals. The main beneficiaries - the World population, their health and wellbeing.

### Other Aims

To ensure, through appointment as WRIGHT Foundation Research - World Centres of Excellence, universities world-wide will further the knowledge and understanding of post graduate students undertaking a PhD Doctorate degree in the ideals and projects of WRIGHT Foundation Research. Thus ensuring the advancement of young Research Scientists to the benefit of our future health and wellbeing.

In appointing a World Centre of Excellence research programme to Universities, consideration must be given to not only established Universities but those emerging Universities that can give proven undertakings to advance and undertake research programmes.

Mission Statement by Murdo Wallace, President & Founder

**Worldwide Research Into General Health Therapy**

## WRIGHT Foundation Research Who's Who

### WRIGHT Foundation RESEARCH THE SCIENTIFIC BOARD

**President & Founder**      Murdo Wallace



Murdo Wallace

**Scientific Director**      Dr Peter Wright BSc  
(Hons)  
MSc (Hons) PhD



Dr Peter Wright

**Scientist**      Professor Schulz



Prof Schulz

**Scientist**      Professor Tidow



Prof Tidow

**Scientist**      Dr Droese

#### Life Patrons

Dr. Kenneth Cooper MD, M.P.H  
Cooper Institute, Texas, USA

Dr Millie Cooper BA  
Cooper Institute, Texas, USA

#### Research Fellows

Professor Dr Henry Schultz MD  
Chemnitz, Germany

Professor Guenter Tidow  
Berlin, Germany

## PILOT PROJECT ACHIEVEMENT

WRIGHT Foundation Research announced at the Press Launch in Dundee (30/10/07), results of their “TOUCH Study”, a ground-breaking three-year pilot research study evaluating the influence of different non-pharmaceutical treatments in patients with Congestive Heart Failure (CHF).

Dr Peter R Wright, Director of Scientific Research and Sport Medicine, presented the results of the TOUCH Study.

WRIGHT Foundation Research scientists have found a new approach in exercise therapy for CHF - higher intensities of exercise are safe and effective.

- **Hospitalisation reduced by 50%** in the intervention group, which proves medical and cost effectiveness.
- **“Vast savings for countries worldwide** can be made,” said Murdo Wallace, Founder and President of WRIGHT Foundation Research. “CHF is the most costly cardiac disease and therefore has a tremendous health economical impact in vastly reducing costs (e.g. NHS). The costs of hospitalisation make up to 68% of the overall costs of treating CHF. The annual savings by just treating the newly diagnosed CHF cases in a year could save e.g. in Germany population 4.8 billion Euros (£3.2 billion). The savings to the NHS UK are estimated at £2.4 billion”.



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

## CONSULTATION • EVALUATION DEVISE • PLAN • IMPLEMENTATION OF A SCHEME TO YOUR NEEDS

### *A SERVICE BEYOND REPROACH*

#### Consultation

Our Consultation Service is available to Local Authorities and Sport/Leisure Centre Groups wishing an analysis of how a GP Exercise Referral Programme would be applicable and beneficial to their facilities, or how their current scheme could be enhanced.

#### Evaluation

SCHEME EVALUATION - Individual, Town, County, Regional or National. An unsurpassed level of evaluation is available from the WRIGHT Foundation Team. The personnel are all currently involved in every aspect of GP Exercise Referral including:

- Medical
- Exercise Science
- Research
- Management/Operational

Be assured of an in-depth evaluation analysis, to a client's instructions, that the WRIGHT Foundation Evaluation Team delivers through being the UK Leaders in GP Exercise Referral.

#### Devise • Plan • Implement

A bespoke exercise referral scheme can be designed, planned and implemented exclusively for you - whether local, regional or county-wide.

**FOR MORE INFORMATION CALL  
01382 451146**

# FORTHCOMING COURSE DATES

For all current course dates please visit our web-page...

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

Or if you prefer to speak to someone please call our offices on...

**01382 451188**

Further dates are always being announced

**Host a course at your centre or in your area and receive:**

**FREE Exercise Referral training**

for **one** member of your staff\*

\*Subject to meeting appropriate lecture room requirements

**Contact us for details**

**t.** 0845 056 0260 (UK lo-call)    **f.** 01382 451163

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

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

**THE MOST COMPEHENSIVE GP EXERCISE REFERRAL COURSE AVAILABLE**