

YMCA Awards Level 3 Diploma in Exercise Referral

Qualification aim:

To provide the knowledge and practical skills required to plan, deliver, manage and evaluate safe, effective and progressive physical activity for referred clients.

Pre-requisites:

A level 2 Fitness Instructing qualification

Diploma elements:

- Level 3 Exercise Referral
 - Level 3 Anatomy and physiology for exercise and health*
 - Level 3 Award in nutrition for physical activity*
- * (If you have a Level 3 QCF Personal Trainer qualification you do not need to do these)

Course format:

Four classroom based days to cover theory and practical skills plus there may be a half day for the practical assessment 6—8 weeks after the course.

A&P and Nutrition (if applicable) are studied via online learning.

There will be some homework to complete during the course.

Course cost:

- £550 for the Exercise Referral element only (must hold a recent QCF PT qualification)
- £675 for Exercise Referral and Level 3 Nutrition (must hold Level 3 Pilates or Yoga)
- £775 for the full Diploma

Course content:

- The health of the nation and policies and procedures in Exercise Referral
- Relevant anatomy and physiology of specific controlled medical conditions including:
 - Cardiovascular conditions: hypertension, hypercholesterolemia
 - Musculoskeletal conditions: including arthritis, low back pain, osteoporosis
 - Endocrine related conditions: obesity, diabetes mellitus
 - Respiratory conditions: asthma, COPD
 - Mental health conditions: depression, anxiety, stress
- Treatments, medications and implications for exercise
- Planning and instructing an exercise referral session
- Behaviour change and goal setting

Assessment:

This includes worksheets, case studies, theory exam (A&P/Nut), practical observation of session delivery