

Level 4 Award in Physical Activity for Adults with Mental Health Conditions

Course aims and content

Aims:

This course aims to develop the exercise professional's understanding of the benefits, challenges and practical skills for working with clients with mental health conditions.

Objectives:

By the end of the course and on completion of the assessments, the exercise professional will be able to design, deliver, monitor, adapt and reflect on exercise and activity sessions with clients who are referred with mental health conditions or who are living in specialist mental health care units.

Content:

- Overview of a range of mental health conditions
- Review of different models and theories that have contributed to how mental health problems are diagnosed and treated
- Benefits of exercise for different mental health conditions
- Barriers to exercise / activity for this group (including co-morbidities and medication)
- Client-centred working, roles, responsibilities and boundaries
- Motivation and lifestyle behaviour change theories and application
- How to plan, deliver and evaluate appropriate physical activity and exercise for persons with different mental health conditions
- Review of practical skills and protocols for working in a range of environments

Assessment details:

Assessment 1: Worksheets

Assessment 2: Theory paper (MCQ and short answer questions)

Assessment 3: Information leaflets

Assessment 4: Client case study and reflective account



Other information

Pre-requisites: A recognised Level 3 qualification in Exercise Referral and a Level 2 or 3 qualification in the disciplines in which you will be working (e.g. Gym, ETM, Pilates etc) is required for REPs registration however the course is open to anyone with an interest in this field.

Cost: £ 495

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The Complete Guide to Physical Activity and Mental Health co-authored by Sarah is the manual for the course.

