



Excercise Referral Level 3

INTRODUCTION

This qualification is the perfect career step for all qualified fitness professionals. With the Exercise Referral qualification, you'll gain knowledge in a wide variety of preventative and rehabilitative exercise therapies. This stimulating Exercise Referral course will challenge you and widen your knowledge and understanding of the health promoting benefits of physical activity.

WHO IS SUITABLE FOR THE COURSE?

Level 3 Personal Trainers wishing to work with referred medium risk special populations, that would benefit from an exercise programme to improve their current condition.

ONLINE COURSE

This course will be completed over 1 assessment day at one of Eden's available locations. You'll also be provided with a dedicated on-line Tutor to help you every step of the way.

You can complete this course within the following timescales:

- ✔ 1 Month
- ✔ 2 Months
- ✔ 3 Months

Please feel free to contact us and we'll talk you through a bespoke timetable to suit your individual needs.

WHAT WILL I LEARN ON THIS COURSE?

The course will introduce you to a wide range of chronic and lifestyle diseases, their aetiology and pathophysiology (cause and development) and explore exercise approaches for successful intervention into such conditions.

You will learn about the signs, symptoms and basic pathology of specific stable conditions such as:

- ✔ Orthopaedic diseases; arthritis and osteoporosis
- ✔ Cardiovascular diseases such as Hypertension
- ✔ Coronary Heart Disease
- ✔ Metabolic diseases such as Diabetes
- ✔ Pulmonary diseases such as Asthma
- ✔ Raised cholesterol and Obesity
- ✔ And many other common conditions...

You will also learn about the implications and effects of specific medications relating to those conditions and most importantly how to plan, deliver, manage and evaluate a safe, effective and progressive adapted physical activity programme, personalised to individual client's needs and lifestyle.

BENEFITS

With new initiatives across the NHS, Exercise Referral courses ensure you can take GP referral patients to access additional revenue streams. The Exercise Referral qualifications provide much more for Personal Trainers.



9 out of 10 learners would recommend Eden Training Solutions to a friend



Learner Loan Information

You can apply for an Advanced Learner Loan to help with the costs of your course. Loan eligibility doesn't depend on your income and there are no credit checks. Check if you're eligible before you apply for an Advanced Learner Loan.

Repayments

You'll have to pay your loan back when both the following apply:

- ✓ You've finished your course
- ✓ You earn more than £25,000 a year

What You'll Get

How much you get depends on:

- ✓ The type of course
- ✓ Your course fees
- ✓ The maximum loan available for your course
- ✓ The minimum loan you get is £300 and is paid to Eden Training Solutions

Eligibility

Whether you qualify for an Advanced Learner Loan depends on your:

- ✓ Course
- ✓ Age
- ✓ Nationality or residency status

RETURN ON INVESTMENT

The Learner

- ✓ Develop the skills required to build and retain a stable client base
- ✓ Gain the skills necessary to continue to progress into fitness management or to become a specialist instructor

The Employer

- ✓ Develop employees that can provide an excellent service and improve customer satisfaction

HOW TO APPLY

- ✓ Check with Eden Training Solutions representative that the course qualifies for an Advanced Learner Loan
- ✓ Ask your Eden Training Solutions representative for a 'learning and funding information' letter – you'll need this to complete your application. It contains the details about your course
- ✓ Apply online – you'll need to register first. You can apply by post if you can't apply online
- ✓ You'll get a letter confirming your loan – usually within 2 weeks if you apply online (postal application take longer)

Contact Us

For more information on how to apply, please visit:
<https://www.gov.uk/advanced-learner-loan/how-to-apply>

For more information on delivery locations, how to apply for an Advanced Learner Loan or for dates on the next delivery cohort, please contact e: fitness@eden-ts.com



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