



BRITISH ASSOCIATION FOR CARDIOVASCULAR PREVENTION AND REHABILITATION

## BACPR PHASE IV EXERCISE INSTRUCTOR TRAINING COURSE

**Location: Dublin**

**Venue: DLR Leisure Services Meadowbrook, Meadowbrook  
Dundrum, Broadford Road, Ballinteer, Dublin 16**

**Cost: £625.00**

**DATES:**

**Day 1 ..... Saturday 4<sup>th</sup> June 2011**

**Day 2 ..... Sunday 5<sup>th</sup> June 2011**

**Day 3 ..... Friday 17<sup>th</sup> June 2011**

**Day 4 ..... Saturday 18<sup>th</sup> June 2011**

**Day 5 ..... Sunday 19<sup>th</sup> June 2011**

**Assessment ..... Saturday 3<sup>rd</sup> September 2011**

***Deadline for applications: Friday 6<sup>th</sup> May 2011***

### Why Qualify?

- To enhance your knowledge in the field of heart disease
- To enable you to safely prescribe and deliver an exercise programme for individuals with heart disease
- To give you extra knowledge to use in your existing work whether working in a gym setting or taking group exercise classes
- To enable you to offer exercise programmes either on an individual basis or for a group to clients who have heart disease

### ***This training is recognised by the Irish Association of Cardiac Rehabilitation***

The BACPR Phase IV Exercise Instructor Training Programme (funded by the British Heart Foundation) was launched in 1997 to provide specialist training for exercise professionals who wanted to prescribe and deliver exercise programmes as part of the overall long-term management of individuals with heart disease. There are now over 2000 qualified instructors spread across the UK and this course is recognised by the Register of Exercise Professionals and Skills Active.

British Association for Cardiac Rehabilitation (BACPR) is the national organisation for all professionals involved in the field of cardiac rehabilitation and is an affiliated group of the British Cardiovascular Society. BACPR promotes good practice, produces national guidelines, and develops educational programmes within the field of cardiac rehabilitation.

**For application forms please contact:**

**BACPR Education: 01252 720640**

[info@bacrededucation.co.uk](mailto:info@bacrededucation.co.uk)

[www.bacrededucation.co.uk](http://www.bacrededucation.co.uk)



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# Entry Criteria

### EXERCISE QUALIFICATION

**Applicants must enclose with their application a copy of the certificate issued by the awarding body whose training is recognised as equivalent to a NVQ level 3 in Exercise and Fitness and hold an exercise referral qualification.** If a candidate is in any doubt about whether their training matches these standards they should visit the Register of Exercise Professionals website [www.exerciseregister.org](http://www.exerciseregister.org) or [www.repsireland.ie](http://www.repsireland.ie)

A relevant degree combined with evidence of extensive instructor experience will also be considered. In this case you will be required to produce evidence of the syllabus/modules relating to the theory and application of cardiovascular anatomy and physiology along with details of the assessment process.

### EXPERIENCE

Minimum of 150 hours of teaching adults land based cardiovascular exercise gained within the previous 2 years and at least 6 months experience since qualification

### PHASE III ENDORSEMENT

Exercise instructors wishing to undertake Phase IV training will be asked to have their application endorsed by their local Phase III cardiac rehabilitation team. If accepted on the course they will be expected to visit at least 4 sessions and, on completion of the course, will be asked to submit one written case study as part of their formal assessment. Successful completion of the case study will depend, in part, on the co-operation of Phase III rehabilitation staff. The BACPR acknowledges that the support and expertise of Phase III professionals will play an invaluable part in the Phase IV instructors' initial learning experience and hope that good collaboration between professionals will be to their mutual benefit and of significant long term advantage to CHD patients.

To find details of your nearest Phase III programme visit [www.cardiac-rehabilitation.net/](http://www.cardiac-rehabilitation.net/) or [www.iacr.info](http://www.iacr.info)

