

## **ENTRY REQUIREMENTS FOR BACR PHASE IV EXERCISE INSTRUCTOR TRAINING**

### **1. 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)

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.

**2. 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

**3. PHASE III ENDORSEMENT-** Contact with a phase III team and observation of at least one Phase III session.

Exercise instructors wishing to undertake Phase IV training will be asked to have their application endorsed by their local Phase III centre. If accepted on the course they will be expected to visit a number of 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 BACR 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 you nearest Phase III programme visit [www.cardiac-rehabilitation.net/](http://www.cardiac-rehabilitation.net/)

[www.bacreducation.co.uk](http://www.bacreducation.co.uk)  
[info@bacreducation.co.uk](mailto:info@bacreducation.co.uk)