

YMCA Certificate in Programming Physical Activity for Individuals with Low Back Pain Level 4



In a nutshell

The aim of this qualification is to provide the learner with the appropriate knowledge and skills to design, deliver, monitor and evaluate structured, individualised physical activity programmes for adults with low back pain, in accordance with current evidence-based guidelines.

This course is for you if...

Level 3 Exercise Referral Instructors seeking to become a Level 4 Specialist Exercise Instructor with the ability to design, deliver, monitor and evaluate structured, individualised physical activity programmes for adults with low back pain

Those wishing to use the qualification as a platform for progression on to further learning (see 'What comes next' below)

What will I be doing?

Learners will cover:

Knowledge and understanding relating to the qualification:

- epidemiology of low back pain
- risks and causative factors involved in the development of low back pain
- national guidelines for the treatment and management of low back pain
- contraindications and psychosocial considerations when planning physical activities for the client with low back pain (risk stratification)

Skills relating to the qualification:

- subjective and objective methods to collect sufficient information to plan safe and effective physical activity programmes for individuals with low back pain
- how to select safe and effective physical activities which are specific to the client's health status, risk stratification, needs and abilities
- the effective use of layering / layered cueing within progressive physical activity programmes for individuals with low back pain
- a range of validated methods used to monitor review and adapt physical activity programmes for individuals with low back pain
- advice covering lifestyle, homecare, exercise, which is suitable for the individual with low back pain

What is expected of me?

This qualification is suitable for those who are aged 16+. Prerequisite qualifications and experience include:

A Level 3 Exercise Referral qualification, OR, achievement of a Level 4 Specialist Exercise Instructor Qualifications prior to September 2011 plus achievement of a Level 3 fitness qualification

150 hours of relevant professional practice at Level 3 in designing, delivering, monitoring, adapting and tailoring exercise programmes for individuals gained within the previous two years and at least six months experience since qualification (to be evidenced in a CV and reference letter).

What comes next?

Future employment possibilities This qualification can lead to an enhanced role as a Specialist



COURSE INFORMATION LEAFLET

Exercise Instructor (Low Back Pain) within the active leisure sector; there is also employment potential within the health sector, for example as a Technical Instructor in the NHS.
Progression to further/higher level learning This qualification provides progression to other qualifications, for example:

Level 4 Certificate in Weight Management for Individuals with Obesity, Diabetes Mellitus and/or Metabolic Syndrome

Any Level 4 specialist exercise instructor qualifications

Apply online at www.coleggwent.ac.uk

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