



BRITISH ASSOCIATION FOR CARDIAC REHABILITATION

BACR PHASE IV EXERCISE INSTRUCTOR TRAINING

The BACR 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 almost 2000 qualified instructors spread across the UK and this course is recognised by Register of Exercise Professionals and attracts 20 REPS CPD points.

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

VENUE: Concordia Leisure Centre, Cramlington	
<u>Cost: £595.00</u>	
<u>DATES:</u>	
Day 1 and 2	Sat 12th / Sun 13th Jan 2008
Days 3 and 4	Fri 8th / Sat 9th Feb 2008
Day 5	Sat 8th March 2008
Assessment	Sat 26th April 2008
<i>Deadline for applications: Friday 16th Nov 2007</i>	

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

For more information please contact:

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