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BACPR Education Programme

Delivering quality courses across the UK

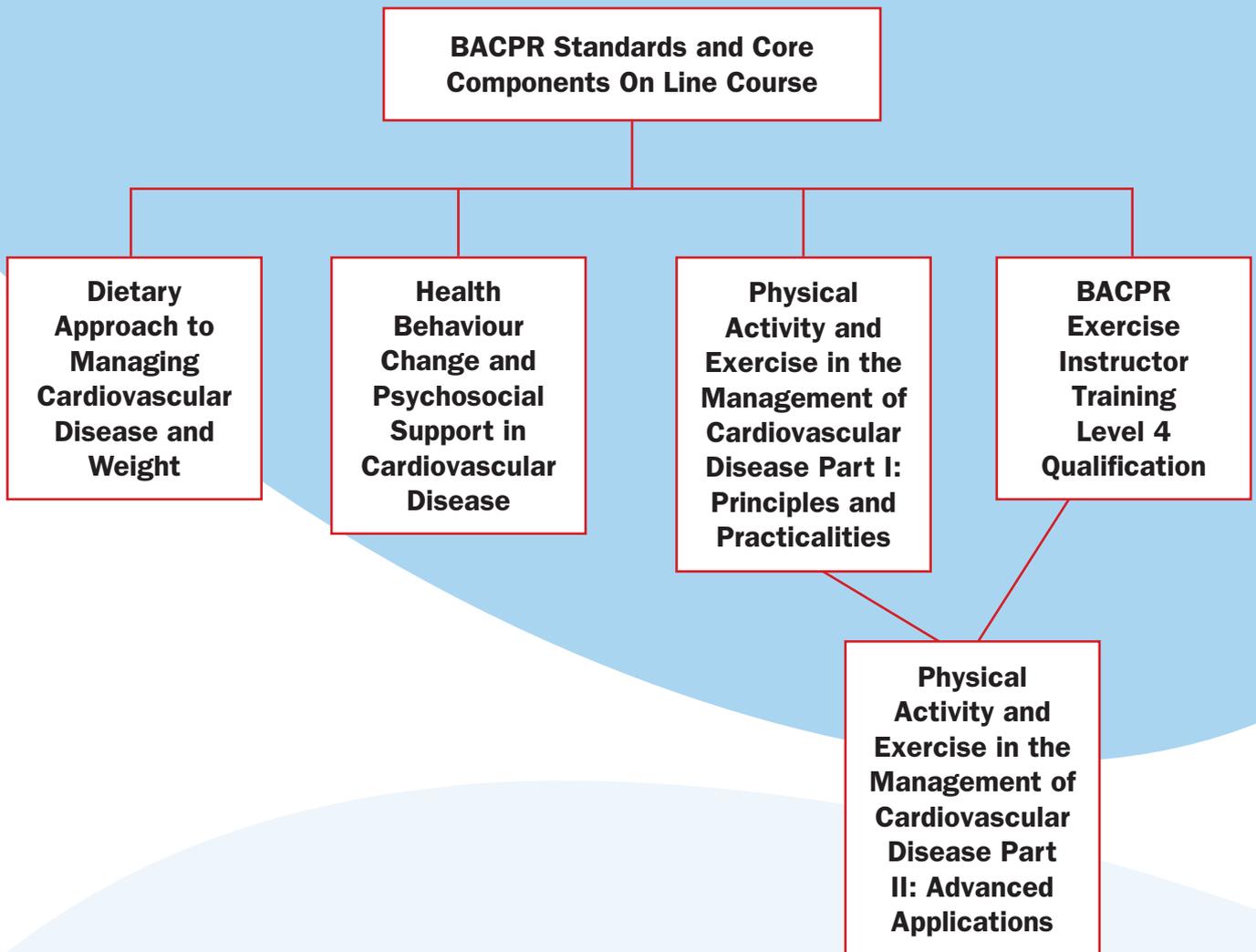
for health and exercise professionals on
the management of cardiovascular disease

***Promoting Excellence
in Cardiovascular
Disease Prevention
and Rehabilitation***

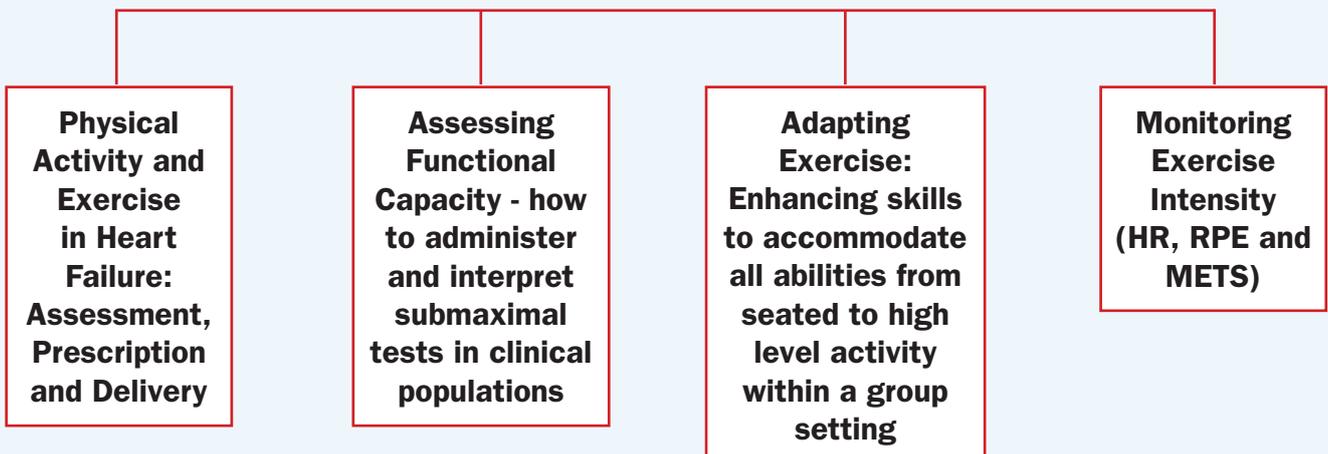
British Association for Cardiovascular
Prevention and Rehabilitation is an affiliated
group of the British Cardiovascular Society

Registered Charity Number 1135639

BACPR Education Courses



One Day Physical Activity and Exercise Courses



Course Details

BACPR Standards and Core Components On Line Course

Log on and register for the new BACPR on line course which gives you access to interactive modules outlining the detail behind the latest BACPR Standards and Core Components. Each module includes learning outcomes, interactive tasks, lecture captures and pre and post assessment to test your knowledge. On completion of all modules you will receive a BACPR certificate in the post.

To register

www.bacprstandardsandcorecomponents.co.uk

Cost: £125

Dietary Approach to Managing Cardiovascular Disease and Weight

This 1 day course aims to explore the assessment and prescription of dietary and weight management advice for the CVD group. The course focuses on assessing dietary intake, converting dietary evidence into practical and usable strategies for helping patients and their families to make appropriate changes to their diet to reduce their risk and help with weight management. The practical focus of the day will provide useful tips and suggestions that can be implemented into clinical practice.

Cost: £175 (£155 to BACPR members)

Duration: 1 day

Health Behaviour Change and Psychosocial Support in Cardiovascular Disease

An evidence and practice-based 2 day course designed to help multidisciplinary team members increase their confidence in identifying psychological issues, and to explore ways of incorporating psychological principles within cardiac rehabilitation programmes. This course is designed for cardiac rehabilitation professionals who already have experience of working in cardiac rehabilitation settings.

Cost: £350* (£310 to BACPR members)

Duration: 2 days

***includes BACPR membership**

Exercise and Physical Activity Courses

Physical Activity and Exercise in the Management of Cardiovascular Disease Part I: Principles and Practicalities

This 2 day course provides a foundation programme in the principles of physical activity and exercise in the prevention and management of cardiovascular disease. This course includes both a theoretical and practical component aiming to equip health professionals with sound knowledge and understanding as well as key practical delivery skills required

to meet the core standards and national guidelines for delivery of group, one-to-one and home activity programmes.

Cost: Between £300 - £350 according to

BACPR/ACPICR membership -

Register for Part I and II at the same time and benefit from our special package price

Physical Activity and Exercise in the Management of Cardiovascular Disease Part II: Advanced Applications

This 2 day course extends the core knowledge, understanding and skills gained in Part I to clinical reasoning for the inclusion of the higher risk and complex cardiac patient, such as heart failure, arrhythmias, ICD's, unstable blood pressure and diabetes. In addition additional subjects explored include the safety of high intensity sports and activities, resistance training, water-based activity and difficult clinical scenarios.

Cost: Between £300 - £350 according to

BACPR/ACPICR membership

Register for Part I and II at the same time and benefit from our special package price

Physical Activity and Exercise in Heart Failure: Assessment, Prescription and Delivery

This 1 day course aims to increase the awareness of the impact of physical activity and exercise in the heart failure patient group through developing an understanding of the relationship between risk assessment, baseline functional assessment and subsequent exercise prescription. Physiological mechanisms relating to heart failure will be explored and principles in exercise prescription applied to enable adaptations in respect to co-morbidity and cardio-assistive devices, using an evidence-based approach.

It will involve both lectures and interactive case studies. Knowledge gained will enable safe and effective practice which can be implemented in future service delivery.

Cost: £175 (£155 to BACPR members)

Duration: 1 day

Assessing Functional Capacity - how to administer and interpret submaximal tests in clinical populations

This 1 day practical course aims to increase the knowledge and skills in implementing a number of functional capacity tests used in population groups such as cardiac and respiratory patients (e.g. Incremental Shuttle Walk Test, 6-Minute Walk Test, Chester Step Test, Cycle Ergometry) as well as practically apply the results to exercise prescription.

Cost: £175 (£155 to BACPR members)

Duration: 1 day

Adapting Exercise: Enhancing skills to accommodate all abilities from seated to high level activity within a group setting

This 1 day practical course aims to develop practical exercise delivery skills and competences for delivery of group based exercise for clinical populations.

Cost: £175 (£155 to BACPR members)

Duration: 1 day

Monitoring Exercise Intensity (HR, RPE and METS)

This 1 day course is aimed at all health and exercise professionals working in cardiac rehabilitation to ensure effective monitoring of exercise intensity. An evidence based approach is used in a day that mainly involves practical workshops of exercise assessment and prescription.

Cost: £175 (£155 to BACPR members)

Duration: 1 day

BACPR Exercise Instructor Training (20 REPs CPD points)



Level 4 Qualification recognised by Skills-Active and the Register of Exercise Professionals.

Specialist training for exercise professionals who want to prescribe and deliver exercise programmes as part of the overall long-term management of individuals with heart disease. This is an assessed course and therefore has strict qualification and experience entry criteria - **For REPs level 3 exercise instructors.**

Cost: £625

(includes course fee, course material and assessment)

Duration: 5 days plus assessment

BACPR Annual Conference and Study Days

See www.bacpr.com for details



REPs CPD points are awarded for all the above courses and a certificate of attendance will be issued.

For all course dates and venues, application forms or details on hosting any of the above courses visit www.bacpr.com/education

BACPR Education and Training 01252 854510 education@bacpr.com

BACPR Membership and General Enquiries 020 7380 1919 bacpr@bcs.com

BACPR Membership benefits

- Discounted registration rates for BACPR courses, conferences and study days.
- Regular e-bulletins with latest news.
- BACPR 'CONNECT' magazine (2 per year).
- Exclusive access to a wide range of informative and interactive resources on-line.
- Specialist interest groups.
- Access to a membership enquiry service.
- Access to the British Journal of Cardiology.
- Access to the joint international publication 'Current Issues in Cardiac Rehabilitation and Prevention' (2 per year).
- Increased awareness in relevant activities both regionally and nationally.
- Opportunity to apply for annual Travel Award.
- National representation and policy development.
- International representation.