



## **BACPR Education Programme**

**Delivering quality courses across the UK**  
for health and exercise professionals on the  
management of cardiovascular disease

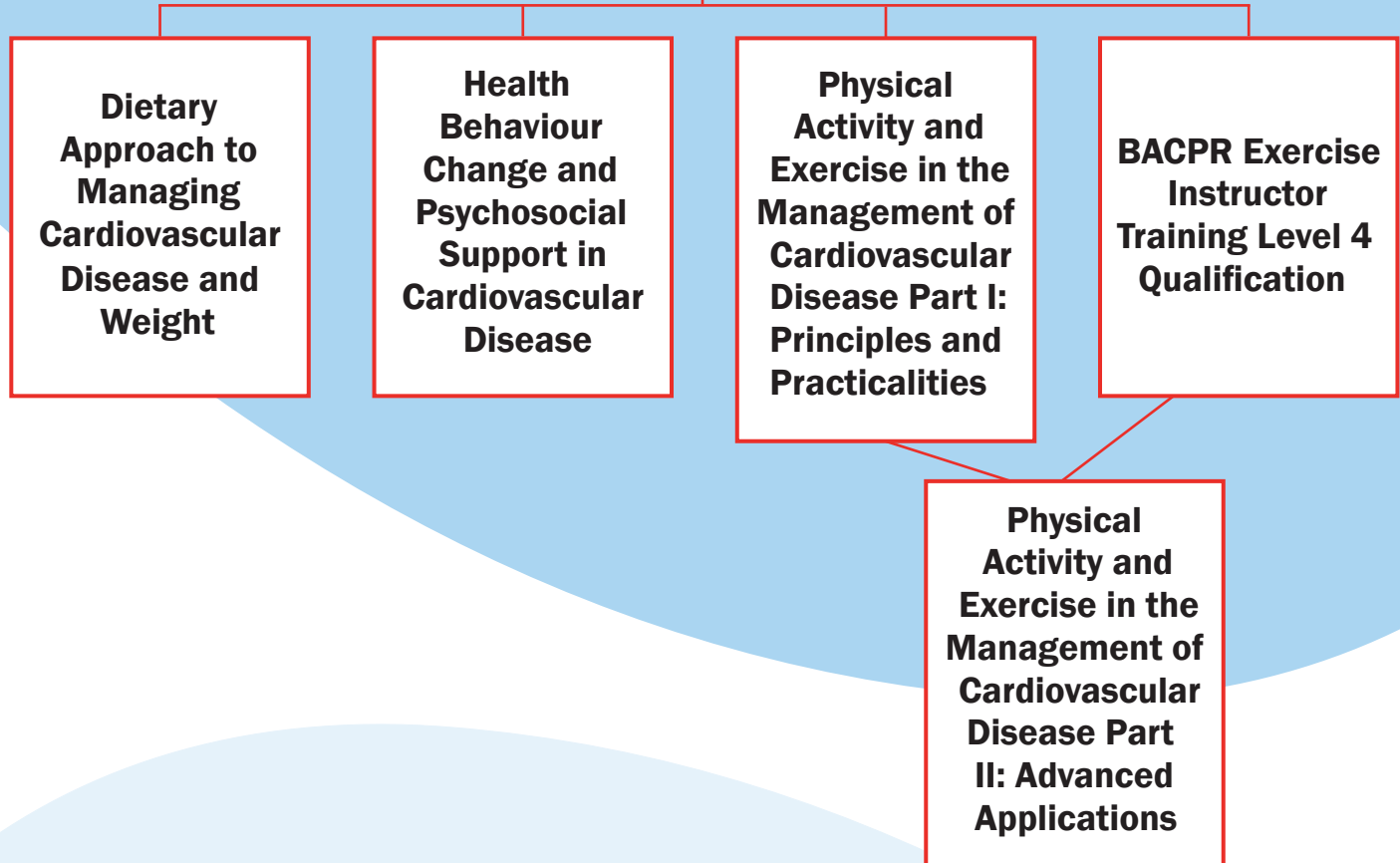
**Promoting Excellence  
in Cardiovascular  
Disease Prevention  
and Rehabilitation**



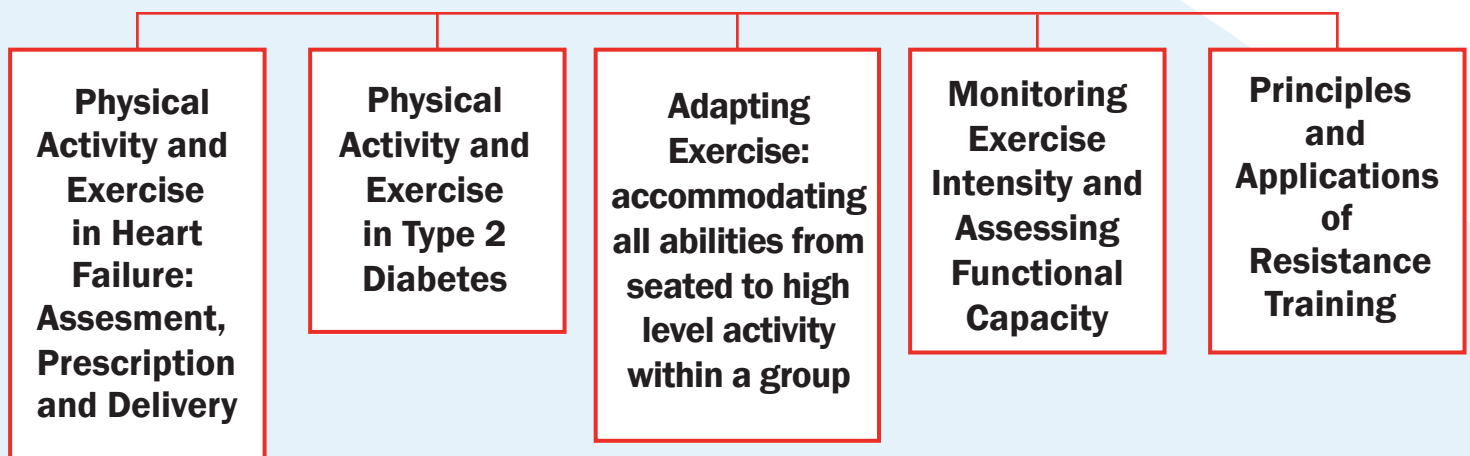
British Association for Cardiovascular  
Prevention and rehabilitation is an affiliated  
group of the British Cardiovascular Society  
Registered Charity Number 1135639

## BACPR Education Courses

### BACPR Standards and Core Components On Line Courses



### One Day Physical Activity and Exercise Courses



# Course Details

## BACPR Standards and Core Components On Line Modules

There are seven stand-alone modules for you to access which we believe will provide you with valuable information stimulating you to learn about cardiovascular disease prevention and rehabilitation.

These modules are based on the BACPR Standards and Core Components and include an introduction module. The BACPR have defined six standards and six core components in support of promoting high quality care in the provision of structured programmes for cardiovascular disease prevention and rehabilitation.

Access these modules at : [www.bacpreducation.co.uk](http://www.bacpreducation.co.uk)

---

## 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: £185 (£165 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: £360\* (£320 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 £310 - £360 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 £310 - £360 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 cardioassistive 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: £185 (£165 to BACPR/ACPICR members)**

**Duration: 1 day**

---

### Monitoring Exercise Intensity and Assessing Functional Capacity

This 1 day course is aimed at all health and exercise professionals working in clinical populations to ensure effective monitoring of exercise intensity and 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: £185 (£165 to BACPR members)**

**Duration: 1 day**

### **Adapting Exercise: Accommodating all abilities from seated to high level activity within a group**

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

**Cost: £185 (£165 to BACPR members)**

**Duration: 1 day**

### **Physical Activity and Exercise in Type 2 Diabetes**

This new 1 day course aims to empower health care and exercise professionals to confidently enable people with type 2 diabetes to exercise safely and effectively. The course includes background knowledge of type 2 diabetes management, understanding of exercise physiology relating to diabetes and increasing awareness of managing acute episodes and complications affecting exercise prescription.

**Cost: £185 (£165 to BACPR members)**

**Duration: 1 day**

### **Principles and Applications of Resistance Training**

This 1 day practical course is aimed at all health and exercise professionals involved in the delivery of exercise to the cardiovascular population who wish to expand their knowledge to include resistance training.

**Cost: £185 (£165 to BACPR/ACPICR 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](http://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](http://www.bacpr.com/education)

**BACPR Education and Training 01252 854510 [education@bacpr.com](mailto:education@bacpr.com)**

**BACPR Membership and General Enquiries 020 7380 1919 [bacpr@bcs.com](mailto: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 membership online discussion forum.
- 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 the annual New Researcher Development Fund (NRDF) and Travel Award.
- National representation and policy development.
- International representation.