

# BACPR

## Advanced Exercise Professional Award



This award has been designed to quantify, qualify and unify qualifications and CPD from different exercise disciplines to enable individuals from those different disciplines to fully meet the requirements of the BACPR EPG 2019 Position Statement and demonstrate knowledge, skills and abilities required to lead the clinically supervised exercise component of Core Cardiovascular Rehabilitation.

### Application/Eligibility Requirements

Underpinning qualifications must be one of the following:

- Chartered Physiotherapist OR
- BACPR Exercise Instructor Qualification OR
- BASES Certified Exercise Practitioner or Accredited Sport & Exercise Scientist

### Underpinning Experience (indicative guide)

- In the last two years worked a minimum of 1000 hours in a lead role in Core Cardiac Rehabilitation
- One testimonial from a peer within cardiac rehabilitation and one testimonial from a cardiac rehabilitation patient

## Core Knowledge and Skills

- Monitoring exercise intensity using recognised, evidence-based methods (including heart rate and perceived exertion)
- Use and interpretation of functional exercise assessments - implementation 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) and/or experience in performing ETTs and CPEX for assessment and prescription)
- Ability to apply exercise assessment results to exercise prescription and physical activity guidance
- Management of high-risk patient groups/groups with multiple co-morbidities including clinical reasoning for the inclusion of the higher risk and complex cardiac patients, such as heart failure, arrhythmias, ICD's, unstable blood pressure and diabetes. In addition, understand the safety implications of high intensity sports and activities, resistance training, water-based activity and difficult clinical scenarios
- Exercise prescription and management of patients with heart failure, understanding the relationship between risk assessment, baseline functional assessment and subsequent exercise prescription. Understand the physiological mechanisms relating to heart failure, enabling appropriate adaptations in respect of co-morbidity and cardio-assistive devices, using an evidence-based approach
- Prescription and programming of resistance training within cardiac rehabilitation

The knowledge base demonstrated is equivalent to the content of the following BACPR/ACPICR physical activity and exercise modules: Physical Activity and Exercise in CVD Part 2, Physical Activity & Exercise in Heart Failure, Monitoring Exercise Intensity, Assessing Functional Capacity, Adapting Group Exercise and Principles and Applications of Resistance Training.

Details of these courses can be found [via our website](#). It is recognised, however, that comparable knowledge may have been acquired via other routes.

## Knowledge Transfer Skills and Experience

Demonstrate at least two examples of knowledge transfer as an exercise expert in cardiovascular disease prevention and rehabilitation (e.g. teaching, lecturing, tutoring to students or peers, including BACPR courses, patients groups, conference oral or poster presentations, writing of educational material for peers and/or patients)

## Assessment

- Multiple choice knowledge exam
- Written and oral case-study presentation of a moderate to high risk patient demonstrating evidence of advanced applications, skills and clinical reasoning

**Cost:** BACPR Members £100 / Non-Members £120  
To apply email [vstockley@bacpr.com](mailto:vstockley@bacpr.com) for application form

