



Career Development



Exercise Referral

Overview

This course includes all the required elements to design and agree safe and effective programmes for patients with a range of common referral conditions.

You will deliver, review and adapt a programme for patients with common referral conditions. You will gain an understanding of medical condition for exercise referral and apply the principles of nutrition and physical activity.

Level 3 Diploma

10-12 weeks

Active IQ

Online Learning Available

Progression

You will be prepared for future employment in Exercise Referral and have the knowledge to progress onto relevant, advanced courses.

Did you know we have a range of courses related to this qualification?

Entry Requirements

This course requires a Level 2 Diploma in Fitness Instructing & Personal Training.

You must be 19+ to apply for an Advanced Learner Loan to fund this course.

Find Out More

If you are interested in finding out more, contact us today:
www.b-skill.com/contact/



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