



Career Development



## Physical Activity and Lifestyle Strategies for Managing Low Back Pain

Level 4 Diploma

10-12 weeks

Active IQ

Online Learning Available

### Overview

You will be trained to a professionally competent level, enabling you to plan, conduct and review programmes to address the needs of clients with low back pain.

You will gain the knowledge and skills to be able to support clients to change their physical activity and lifestyle behaviours to aid in the management of chronic non-specific low back pain.

### Progression

You will be qualified to work in managing lower back pain, as well as having the knowledge to progress into other specialist Level 4 qualifications.

### Entry Requirements

This course requires a Level 3 Diploma in Exercise Referral or equivalent. You must be 19+ to apply for an Advanced Learner Loan to fund this course.

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

### Find Out More

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



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