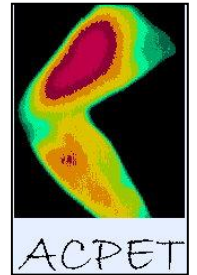


**Association of Chartered Physiotherapists in Exercise
Therapy (ACPET)
Study Day**



**Confidence in
Prescribing Exercise**

**Friday 11th March 2011, Room B, The Lloyd Adams Centre, Poole
Hospital, Poole, Dorset.
Time: 9am - 5pm**

Presenters: Paul Stern BSc(Hons) MSc MCSP MACPET.

Facilitators: Sarah Jenkins BSc(Hons) MCSP MACPET.

Carol Clarke BSc(Hons)MCSP MACPET

Location

Poole Hospital NHS Trust (BH152JB) is located a short walk up the hill from Poole town centre. The Lloyd Adams centre is within the hospital grounds to the rear of the main buildings (on the Parkstone road side).

There is a pay and display multistorey car park, a shop and a canteen on site.

There will be free tea and coffee throughout the day.

Course Description

This study day will comprise of lectures & practical sessions exploring the different components of exercise prescription. Delegates will receive up-to-date information on physical activity recommendations and how this can be translated into practical exercise prescription for patients, with a focus on writing individual circuit and exercise programs. Theory will include an overview of physiological benefits of physical activity; exercise physiology and components of an exercise session. Case studies throughout the day will encourage critical thinking and application of learning. Practical work will include demonstration, working in pairs, testing muscular fitness, and use of equipment.

Suitable clothing should be worn for the practical component and participation will be encouraged but is not compulsory.

Workbooks are included.

Cost: £60 Members, £75 non members (includes ACPET membership)

Contact: Download information and application forms on www.acpet.co.uk.

For additional information call Sarah Jenkins (ACPET officer) on 01202 442473.