

COVID-19

REHABILITATION

Overview

COVID-19 affects people in different ways, and it can sometimes take weeks and even months to fully recover from its debilitating impact. This course will equip you to safely help people who have had the disease engage in physical activity and exercise to aid them in their rehabilitation.

What the course involves

The course comprises three online units.

What the course covers

The first unit gives learners a good understanding of the illness by providing an introduction to COVID-19, which covers the nature, effects and impact, prevalence and treatments.

The second unit focuses on rehabilitation. This includes communication, as well as recognising when it is safe to exercise, monitoring breathlessness, behaviour change, exercise guidance and coping strategies.

The third unit equips learners to apply their knowledge. It covers health screening, exercise testing and prescription, fatigue management, and the services available to provide additional support if needed.

Assessment and certification

There is a multiple-choice assessment at the end of each unit of the course and the certificate will be unlocked after completing all of the units.

Learners who complete the course will be certified in line with their existing qualifications to safely help individuals in recovery from COVID-19 to participate in physical activity and exercise and support them in their rehabilitation.

The research team was led by Anthony Crozier, MSC public health who has over 20 years experience in community and clinical exercise provision as a rehabilitation practitioner with the NHS, various local authorities, and the private sector. Anthony is currently studying his PHD focusing on clinical exercise provision in looking at current exercise pathways across cardiac, respiratory, cancer, falls and stroke.

**A brilliant, rewarding course -
but don't just take
our word for it:**

The course taught me how different each individual's experience with COVID can be. It's important to consistently gauge how the client is feeling.

- Alex Bailey, Personal Trainer

This has given me a greater understanding of the short and long term effects of COVID, and how to safely reintroduce these individuals back into fitness.

- Scott Woods, Personal Trainer

The course detailed how to support and communicate with clients who have experienced COVID. This has encouraged me to be empathetic, support and accepting of the prognosis leading to positive management of the condition.

- Lisa Vass, Personal Trainer