LAPT

LONDON ACADEMY OF PROFESSIONAL TRAINING

CERTIFICATE

Certificate in Wellness and Corrective Exercise



LAPT — London Academy of Professional Training

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Reference HEA-C06 • Health & Fitness Centres

UKPRN 10067351 • Registered in England and Wales, company 4984798

4	91	560	400	60%	Lifetime
SUBJECTS	CHAPTERS	CLASSES	TOTAL MARKS	PASS MARK	VALIDITY

AT A GLANCE

REFERENCE	**HEA-C06**
AWARD	**Certificate**
ASSESSMENT	**400 marks — 240 to pass (60%)**
PREREQUISITES	**None**
VALIDITY	**Lifetime**
AWARDING BODY	**LAPT — London Academy of Professional Training**

CURRICULUM

1 **Posture, Movement Analysis and Corrective Exercise** 39 chapters · 200 classes **100 marks**

- **1 Understanding Posture and Its Importance** — 4 classes
  - 1.1 Exploring the Concept of Posture
  - 1.2 Recognising the Impact of Poor Posture
  - 1.3 Identifying Good Posture in Daily Activities
  - 1.4 Developing Strategies for Maintaining Healthy Posture
- **2 Posture Assessment Techniques** — 4 classes
  - 2.1 Understanding the Importance of Posture
  - 2.2 Identifying Common Postural Deviations
  - 2.3 Conducting a Basic Posture Assessment
  - 2.4 Practicing Mobility Techniques for Postural Correction
- **3 Corrective Exercises for Postural Improvement** — 4 classes
  - 3.1 Identifying Common Postural Deviations
  - 3.2 Understanding the Role of Flexibility in Postural Correction
  - 3.3 Practicing Basic Corrective Exercises for Improved Posture
  - 3.4 Implementing a Daily Routine for Long-Term Postural Health
- **1 Foundation of Human Anatomy and Its Relevance to Movement** — 4 classes
  - 1.1 Understanding Anatomical Terminology: Building the Language of Movement
  - 1.2 Exploring the Skeletal System: Form and Function in Movement
  - 1.3 Investigating the Muscular System: Mechanics Behind Movement
  - 1.4 Connecting Systems: Integrated Anatomy in Motion
- **2 Understanding Joint Mechanics and Motor Functions** — 4 classes
  - 2.1 Explore Joint Structures: Building Blocks of Movement
  - 2.2 Analyze Motor Functions: Understanding Movement Patterns
  - 2.3 Evaluate Joint Mechanics: Identifying Movement Restrictions
  - 2.4 Apply Mobility Principles: Enhancing Joint Function
- **3 Analyzing Movement Patterns and Posture Assessment** — 4 classes
  - 3.1 Understanding the Basics of Movement Patterns
  - 3.2 Identifying Common Postural Deviations
  - 3.3 Techniques for Conducting a Posture Assessment
  - 3.4 Applying Mobility Principles to Movement Analysis
- **1 Understanding the Fundamentals of Mobility** — 4 classes
  - 1.1 Defining Mobility: Concepts and Importance
  - 1.2 Assessing Posture: Techniques and Tools
  - 1.3 Exploring Fundamental Mobility Exercises
  - 1.4 Applying Mobility Techniques in Daily Routine
- **2 Techniques and Tools for Enhancing Mobility** — 4 classes
  - 2.1 Understanding Fundamental Mobility Tools
  - 2.2 Mastering Basic Mobility Techniques
  - 2.3 Applying Mobility Tools in Practical Scenarios
  - 2.4 Evaluating and Refining Mobility Techniques
- **3 Assessing and Personalizing Mobility Programs** — 4 classes
  - 3.1 Understanding Mobility: Key Concepts and Importance
  - 3.2 Conducting a Personalized Posture Assessment
  - 3.3 Identifying Individual Mobility Needs Through Assessment
  - 3.4 Designing a Tailored Mobility Exercise Program
- **1 Understanding Posture and Its Importance in Wellness** — 4 classes
  - 1.1 Exploring the Fundamentals of Posture
  - 1.2 Identifying Common Postural Deviations
  - 1.3 Assessing Posture through Observational Techniques
  - 1.4 Analyzing the Impact of Posture on Overall Wellness
- **2 Techniques for Conducting Posture Assessments** — 4 classes
  - 2.1 Understanding Key Posture Concepts
  - 2.2 Identifying Common Postural Deviations
  - 2.3 Applying Effective Observation Techniques
  - 2.4 Conducting a Posture Assessment Practically
- **3 Analyzing Postural Data and Creating Corrective Plans** — 4 classes
  - 3.1 Interpreting Postural Data: Key Metrics and Observations
  - 3.2 Identifying Common Postural Deviations
  - 3.3 Crafting Personalized Posture Correction Plans
  - 3.4 Evaluating Plan Effectiveness: Iteration and Adjustment
- **2 Musculoskeletal System Dynamics** — 6 classes
  - 2.1 Understanding Musculoskeletal Anatomy
  - 2.2 Exploring Joint Function and Movement
  - 2.3 Analyzing Muscle Mechanics
  - 2.4 Identifying Common Musculoskeletal Injuries
  - 2.5 Applying Biomechanics in Corrective Exercise
  - 2.6 Designing Injury Prevention Strategies
- **3 Neuromuscular Function and Coordination** — 6 classes
  - 3.1 Understanding the Basics of Neuromuscular Function
  - 3.2 Exploring Motor Units and Muscle Contraction
  - 3.3 Analyzing the Role of the Nervous System in Coordination
  - 3.4 Identifying Common Neuromuscular Disorders
  - 3.5 Techniques for Enhancing Neuromuscular Coordination
  - 3.6 Applying Neuromuscular Principles to Corrective Exercise
- **4 Physiology of Exercise and Adaptation** — 6 classes
  - 4.1 Exploring the Cardiovascular Response to Exercise
  - 4.2 Understanding Muscular Adaptations in Response to Training
  - 4.3 Examining Respiratory Changes During Physical Activity
  - 4.4 Investigating Metabolic Adaptations to Endurance Exercise
  - 4.5 Analyzing the Nervous System's Role in Exercise Adaptation
  - 4.6 Applying Knowledge of Exercise Physiology to Injury Prevention Strategies
- **5 Pathophysiology and Injury Mechanisms** — 6 classes
  - 5.1 Understanding Pathophysiology: Foundation of Injury Prevention
  - 5.2 Identifying Common Musculoskeletal Injuries
  - 5.3 Exploring Mechanisms of Injury in Exercise
  - 5.4 Analyzing Risk Factors for Muscle and Joint Injuries
  - 5.5 Applying Corrective Exercise Strategies to Mitigate Injury
  - 5.6 Evaluating Outcomes of Corrective Exercise Interventions
- **1 Understanding Movement Dysfunctions** — 6 classes
  - 1.1 Identifying Common Movement Dysfunctions
  - 1.2 Analyzing Biomechanical Patterns
  - 1.3 Recognizing Symptoms and Risk Factors
  - 1.4 Assessing Functional Movement Screens
  - 1.5 Implementing Corrective Strategies
  - 1.6 Evaluating Improvement and Progress
- **2 Posture and Muscle Imbalance Analysis** — 6 classes
  - 2.1 Understanding Postural Alignment in Corrective Exercise
  - 2.2 Identifying Common Muscle Imbalances in Clients
  - 2.3 Analyzing the Impact of Poor Posture on Movement
  - 2.4 Assessing Posture with Visual and Physical Cues
  - 2.5 Investigating the Causes of Muscle Imbalance
  - 2.6 Applying Corrective Techniques for Optimal Posture
- **3 Corrective Exercise Strategies** — 6 classes
  - 3.1 Understanding Corrective Exercise and Its Importance
  - 3.2 Identifying Common Muscle Imbalances
  - 3.3 Assessing Postural Deviations
  - 3.4 Developing Individualized Corrective Exercise Programs
  - 3.5 Implementing Flexibility and Mobility Techniques
  - 3.6 Evaluating Progress and Adjusting Plans
- **4 Implementing Flexibility Training** — 6 classes
  - 4.1 Understanding the Principles of Flexibility Training
  - 4.2 Identifying Common Flexibility Impairments
  - 4.3 Exploring Techniques for Assessing Flexibility
  - 4.4 Applying Dynamic Stretching Techniques
  - 4.5 Implementing Static Stretching Methods
  - 4.6 Designing Individualized Flexibility Training Programs
- **5 Advanced Techniques in Corrective Neuromuscular Training** — 6 classes
  - 5.1 Understanding Neuromuscular Dysfunctions
  - 5.2 Assessing Muscle Imbalances and Weaknesses
  - 5.3 Utilizing Activation Techniques for Muscle Engagement
  - 5.4 Applying Integration Exercises for Neuromuscular Efficiency
  - 5.5 Developing Advanced Proprioceptive Training Strategies
  - 5.6 Implementing Personalized Corrective Exercise Programs

2 **Wellness Coaching, Lifestyle and Behaviour Change** 20 chapters · 120 classes **100 marks**

- **1 Understanding Wellness and its Components** — 5 classes
  - 1.1 Exploring the Concept of Wellness
  - 1.2 Identifying the Dimensions of Wellness
  - 1.3 Understanding Physical Wellness Fundamentals
  - 1.4 Analyzing the Role of Mental and Emotional Wellness
  - 1.5 Integrating Wellness Components in Daily Life
- **2 The Role of a Wellness Coach** — 5 classes
  - 2.1 Understanding the Foundations of Wellness Coaching
  - 2.2 Exploring the Core Responsibilities of a Wellness Coach
  - 2.3 Identifying the Key Skills for Effective Coaching
  - 2.4 Building Rapport and Effective Communication Techniques
  - 2.5 Implementing Goal-Setting Strategies with Clients
- **3 Behavior Change and Health Psychology** — 5 classes
  - 3.1 Understanding the Foundations of Health Psychology
  - 3.2 Exploring Key Theories of Behavior Change
  - 3.3 Identifying Barriers to Positive Behavior Change
  - 3.4 Applying Motivation Techniques in Wellness Coaching
  - 3.5 Implementing Effective Behavior Change Strategies
- **4 Developing Effective Wellness Plans** — 5 classes
  - 4.1 Understanding the Components of a Wellness Plan
  - 4.2 Identifying Client Goals and Needs
  - 4.3 Creating Personalized Wellness Strategies
  - 4.4 Implementing Wellness Plan Interventions
  - 4.5 Evaluating and Adjusting Wellness Plans
- **1 Understanding Lifestyle and Behavior Dynamics** — 5 classes
  - 1.1 Identifying Core Lifestyle Components
  - 1.2 Analyzing Behaviour Patterns and Triggers
  - 1.3 Exploring Motivation and Change Readiness
  - 1.4 Understanding the Impact of Habits on Wellness
  - 1.5 Applying Behaviour Change Models in Practice
- **2 Assessing Client Readiness and Goal Setting** — 5 classes
  - 2.1 Understanding Client Motivation and Readiness
  - 2.2 Exploring Assessment Tools for Client Readiness
  - 2.3 Identifying Barriers to Change
  - 2.4 Developing SMART Goals with Clients
  - 2.5 Implementing Action Plans for Success
- **3 Implementing Behavior Change Techniques** — 5 classes
  - 3.1 Understanding Behavior Change Models
  - 3.2 Identifying and Setting SMART Goals
  - 3.3 Techniques for Enhancing Motivation
  - 3.4 Developing Personalized Action Plans
  - 3.5 Evaluating and Adjusting Behavior Change Strategies
- **4 Monitoring Progress and Sustaining Change** — 5 classes
  - 4.1 Understanding the Importance of Progress Monitoring
  - 4.2 Setting Effective Goals for Sustaining Change
  - 4.3 Using Tools and Techniques to Track Lifestyle Changes
  - 4.4 Analyzing Progress to Adjust Strategies
  - 4.5 Celebrating Milestones to Maintain Motivation
- **1 Foundations of Effective Communication in Wellness Coaching** — 5 classes
  - 1.1 Understanding the Basics of Communication in Wellness Coaching
  - 1.2 Exploring Active Listening Techniques for Coaches
  - 1.3 Building Empathy to Enhance Client Connections
  - 1.4 Utilizing Non-Verbal Cues in Effective Communication
  - 1.5 Applying Feedback Strategies to Foster Client Growth
- **2 Building Rapport and Trust with Clients** — 5 classes
  - 2.1 Understanding the Importance of Rapport in Coaching
  - 2.2 Identifying Verbal and Non-Verbal Cues in Communication
  - 2.3 Techniques for Building Trust and Authentic Connections
  - 2.4 Practicing Active Listening and Empathy
  - 2.5 Applying Rapport-Building Strategies in Real Scenarios
- **3 Motivational Interviewing Techniques in Wellness Coaching** — 5 classes
  - 3.1 Understanding the Foundations of Motivational Interviewing
  - 3.2 Exploring Key Techniques in Motivational Interviewing
  - 3.3 Building Active Listening Skills for Effective Coaching
  - 3.4 Engaging Clients with Open-Ended Questions
  - 3.5 Applying Motivational Interviewing in Real-World Scenarios
- **4 Overcoming Communication Barriers and Enhancing Engagement** — 5 classes
  - 4.1 Identifying Common Communication Barriers
  - 4.2 Exploring Active Listening Techniques
  - 4.3 Utilizing Empathy to Build Connection
  - 4.4 Implementing Clear and Concise Language
  - 4.5 Practicing Feedback for Enhanced Engagement
- **1 Understanding Ethical Principles in Wellness Coaching** — 5 classes
  - 1.1 Defining Ethical Principles in Wellness Coaching
  - 1.2 Exploring the Role of Confidentiality in Client Relationships
  - 1.3 Identifying Boundaries and Dual Relationships
  - 1.4 Navigating Ethical Dilemmas with Integrity
  - 1.5 Applying Ethical Decision-Making Frameworks
- **2 Professional Boundaries and Relationships** — 5 classes
  - 2.1 Understanding Professional Boundaries in Coaching
  - 2.2 Identifying and Maintaining Client-Coach Roles
  - 2.3 Navigating Dual Relationships and Conflicts of Interest
  - 2.4 Establishing Trust through Clear Communication
  - 2.5 Applying Ethical Guidelines to Maintain Professional Boundaries
- **3 Legal Considerations and Responsibilities** — 5 classes
  - 3.1 Understanding Legal Frameworks in Coaching
  - 3.2 Identifying Client Rights and Responsibilities
  - 3.3 Analyzing Confidentiality and Data Protection Laws
  - 3.4 Exploring Ethical Boundaries and Limitations
  - 3.5 Applying Legal Knowledge in Coaching Scenarios
- **4 Ethical Decision-Making and Dilemmas** — 5 classes
  - 4.1 Understanding Ethical Principles in Coaching
  - 4.2 Identifying Ethical Dilemmas in Coaching Practices
  - 4.3 Analyzing Case Studies: Ethical Decision-Making
  - 4.4 Applying Ethical Decision-Making Models
  - 4.5 Navigating Complex Ethical Scenarios
- **17 Stress, Sleep and Recovery Coaching** — 10 classes
  - 17.1 How Stress Affects Body and Mind
  - 17.2 Recognising Stress Signs in Clients
  - 17.3 Sleep Needs and Sleep Habits
  - 17.4 Building a Better Evening Routine
  - 17.5 Relaxation and Breathing Tools for Clients
  - 17.6 Work Life Balance Conversations
  - 17.7 Recovery Days and Rest Planning
  - 17.8 Screen Time Caffeine and Alcohol Habits
  - 17.9 Knowing When Stress Needs Professional Help
  - 17.10 Writing a Stress and Sleep Action Plan
- **18 Building Physical Activity Habits and Self Monitoring** — 10 classes
  - 18.1 Why Habits Beat Willpower
  - 18.2 Starting Small With Daily Movement
  - 18.3 Linking New Habits to Existing Routines
  - 18.4 Using Step Counters and Activity Logs
  - 18.5 Simple Wearable Data and Its Limits
  - 18.6 Tracking Mood Energy and Progress
  - 18.7 Handling Setbacks and Lapses
  - 18.8 Celebrating Progress Appropriately
  - 18.9 Planning Weekly Activity Schedules
  - 18.10 Reviewing a Habit Plan With a Client
- **19 Wellbeing at Work, Home and in the Community** — 10 classes
  - 19.1 Sedentary Work and Its Health Effects
  - 19.2 Desk Movement Breaks and Stretching
  - 19.3 Workplace Wellness Programme Basics
  - 19.4 Family and Social Support for Change

3 **Holistic Health, Longevity and Mobility** 20 chapters · 120 classes **100 marks**

- **1 Defining a Nutrition Vision** — 6 classes
  - 1.1 Crafting a Compelling Nutrition Vision
  - 1.2 Understanding Stakeholder Perspectives
  - 1.3 Identifying Core Values in Nutrition
  - 1.4 Setting Long-Term Nutrition Goals
  - 1.5 Vision Statement Development Techniques
  - 1.6 Incorporating Feedback in Visioning
- **2 Aligning Initiatives with Organizational Goals** — 6 classes
  - 2.1 Mapping Initiatives to Strategic Goals
  - 2.2 Prioritizing Initiatives for Impact
  - 2.3 Creating Synergy Between Departments
  - 2.4 Evaluating Initiative Alignment
  - 2.5 Adjusting Initiatives Based on Feedback
  - 2.6 Communicating Alignment to Stakeholders
- **3 Communicating the Vision Effectively** — 6 classes
  - 3.1 Crafting Clear Communication Strategies
  - 3.2 Utilizing Visual Aids for Impact
  - 3.3 Engaging Stakeholders in Communication
  - 3.4 Feedback Mechanisms for Communication
  - 3.5 Training Teams on Vision Communication
  - 3.6 Evaluating Communication Effectiveness
- **4 Creating a Wellness Culture** — 6 classes
  - 4.1 Defining Wellness in the Organization
  - 4.2 Strategies for Promoting Wellness
  - 4.3 Engaging Employees in Wellness Programs
  - 4.4 Measuring Wellness Culture Impact
  - 4.5 Creating Wellness Champions Within Teams
  - 4.6 Sustaining a Wellness Culture Long-Term
- **5 Measuring Success of Nutrition Initiatives** — 6 classes
  - 5.1 Defining Success Metrics for Initiatives
  - 5.2 Collecting Data for Evaluation
  - 5.3 Analyzing Outcomes of Nutrition Programs
  - 5.4 Reporting Results to Stakeholders
  - 5.5 Adjusting Programs Based on Findings
  - 5.6 Celebrating Success and Learning
- **1 Foundations of Human Longevity** — 6 classes
  - 1.1 Understanding Longevity: Concepts and Definitions
  - 1.2 Exploring Historical Perspectives on Human Longevity
  - 1.3 Analyzing Biological Factors Influencing Lifespan
  - 1.4 Investigating Lifestyle Choices and Their Impact on Longevity
  - 1.5 Evaluating Psychological Contributions to Longevity
  - 1.6 Integrating Longevity Principles into Holistic Health Management
- **2 Nutrition and Lifestyle Interventions for Longevity** — 6 classes
  - 2.1 Understanding the Connection Between Diet and Longevity
  - 2.2 Recognizing Nutrient-Rich Foods for Lifespan Extension
  - 2.3 Exploring the Role of Caloric Restriction and Fasting
  - 2.4 Integrating Physical Activity into Daily Routines for Longevity
  - 2.5 Analyzing the Impact of Stress Management on Healthspan
  - 2.6 Developing Personalized Nutrition and Lifestyle Strategies
- **3 The Role of Stress and Emotional Wellbeing in Longevity** — 6 classes
  - 3.1 Understanding Stress and Its Impact on Longevity
  - 3.2 Identifying Stressors and Emotional Triggers
  - 3.3 Exploring the Physiological Effects of Stress
  - 3.4 Cultivating Emotional Resilience for Longevity
  - 3.5 Implementing Stress Management Techniques
  - 3.6 Evaluating the Role of Mindfulness in Emotional Wellbeing
- **4 Integrative Approaches and Therapies for Healthy Aging** — 6 classes
  - 4.1 Understanding Integrative Medicine in Aging
  - 4.2 Exploring Nutritional Interventions for Longevity
  - 4.3 Evaluating Mind-Body Practices for Healthy Aging
  - 4.4 Implementing Physical Activity for Aging Well
  - 4.5 Analyzing Herbal and Natural Therapies
  - 4.6 Designing a Personalized Longevity Plan
- **1 Understanding Holistic Health Fundamentals** — 6 classes
  - 1.1 Exploring the Dimensions of Holistic Health
  - 1.2 Analyzing the Benefits of a Holistic Approach
  - 1.3 Examining Wellness Models and Frameworks
  - 1.4 Identifying Key Factors Influencing Holistic Health
  - 1.5 Integrating Mind, Body, and Spirit for Wellbeing
  - 1.6 Applying Holistic Practices for Health Optimization
- **2 Nutritional Strategies for Longevity** — 6 classes
  - 2.1 Understanding Nutritional Foundations for Longevity
  - 2.2 Identifying Anti-Aging Nutrients and Their Benefits
  - 2.3 Integrating Plant-Based Foods for Optimal Health
  - 2.4 Exploring the Role of Hydration in Longevity
  - 2.5 Creating Balanced Meal Plans for Lifelong Wellness
  - 2.6 Applying Nutritional Strategies for Personal Health Goals
- **3 Mind-Body Interactions and Wellness** — 6 classes
  - 3.1 Understanding the Mind-Body Connection
  - 3.2 Exploring the Impact of Stress on Wellness
  - 3.3 Integrating Mindfulness Practices for Stress Reduction
  - 3.4 Investigating the Role of Emotions in Physical Health
  - 3.5 Applying Holistic Techniques to Enhance Well-Being
  - 3.6 Developing Personalized Mind-Body Wellness Plans
- **4 Exercise and Movement Therapies in Holistic Health** — 6 classes
  - 4.1 Exploring the Fundamentals of Exercise in Holistic Health
  - 4.2 Understanding the Role of Movement in Body-Mind Wellness
  - 4.3 Discovering Diverse Exercise Modalities for Health Optimization
  - 4.4 Integrating Yoga and Tai Chi for Mindful Movement
  - 4.5 Evaluating the Impact of Regular Physical Activity on Life Longevity
  - 4.6 Designing Personalized Movement Plans for Holistic Well-being
- **5 Designing Comprehensive Holistic Health Plans** — 6 classes
  - 5.1 Understanding the Principles of Holistic Health
  - 5.2 Identifying Essential Components of a Holistic Health Plan
  - 5.3 Integrating Nutrition in Holistic Health Strategies
  - 5.4 Incorporating Physical Activity into Health Plans
  - 5.5 Evaluating Psychological Well-being in Holistic Approaches
  - 5.6 Developing Personalized Holistic Health Plans
- **1 Principles of Leadership in Fitness and Wellness** — 6 classes
  - 1.1 Understanding Leadership Principles in Fitness and Wellness
  - 1.2 Exploring Leadership Styles and Their Impact
  - 1.3 Developing Effective Communication Skills in Wellness Leadership
  - 1.4 Cultivating Emotional Intelligence in Health and Fitness Settings
  - 1.5 Fostering Team Cohesion and Motivation for Wellness Goals
  - 1.6 Implementing Leadership Strategies in Real-World Fitness Scenarios
- **2 Building Effective Communication Skills** — 6 classes
  - 2.1 Understanding the Fundamentals of Communication
  - 2.2 Identifying and Overcoming Communication Barriers
  - 2.3 Developing Active Listening Skills
  - 2.4 Mastering Non-Verbal Communication Techniques
  - 2.5 Engaging in Persuasive Communication Strategies
  - 2.6 Applying Communication Skills in Leadership Scenarios
- **3 Strategic Planning for Health and Longevity Programs** — 6 classes
  - 3.1 Understand the Foundations of Health Program Planning
  - 3.2 Analyze the Role of Strategic Leadership in Program Development
  - 3.3 Explore Models of Successful Longevity Programs
  - 3.4 Develop a Health and Wellness Vision Statement
  - 3.5 Implement Strategic Goals for Longevity Initiatives
  - 3.6 Evaluate the Effectiveness of Health and Longevity Strategies
- **4 Leading Diverse Teams in the Wellness Industry** — 6 classes
  - 4.1 Understanding Diversity in Wellness Teams
  - 4.2 Recognizing and Valuing Different Perspectives
  - 4.3 Communicating Inclusively in Multicultural Teams
  - 4.4 Addressing Challenges in Diverse Wellness Environments
  - 4.5 Building Cohesion and Trust in Varied Groups
  - 4.6 Implementing Inclusive Leadership Strategies
- **5 Innovative Leadership in Corrective Exercise** — 6 classes

4

Corrective Programme Design and Case Practice

12 chapters · 120 classes **100 marks**

- **1 Principles of Corrective Programme Design** — 10 classes
  - 1.1 Purpose and Limits of Corrective Exercise
  - 1.2 The Assess Correct Reassess Cycle
  - 1.3 Scope of Practice and Referral Points
  - 1.4 Inhibit Lengthen Activate Integrate Model Explained
  - 1.5 Priorities in a Corrective Plan
  - 1.6 Choosing Exercises by Goal
  - 1.7 Setting Sets Repetitions and Holds
  - 1.8 Frequency and Duration of Corrective Work
  - 1.9 Documenting a Corrective Plan
  - 1.10 Presenting the Plan to the Client
- **2 Client Consultation for Corrective Cases** — 10 classes
  - 2.1 Preparing for a Corrective Consultation
  - 2.2 Taking Pain and Injury History
  - 2.3 Mapping Daily Postures and Habits
  - 2.4 Questionnaires and Red Flag Screening
  - 2.5 Agreeing Goals and Expectations
  - 2.6 Informed Consent for Corrective Work
  - 2.7 Working With Referral Letters
  - 2.8 Communicating With Medical Professionals
  - 2.9 Confidentiality and Data Protection
  - 2.10 Case Practice Consultation Role Play
- **3 Movement Assessment Procedures** — 10 classes
  - 3.1 Static Postural Assessment Steps
  - 3.2 Overhead Squat Assessment
  - 3.3 Single Leg Squat Assessment
  - 3.4 Pushing and Pulling Assessments
  - 3.5 Gait Observation Basics
  - 3.6 Joint Range of Motion Tests
  - 3.7 Muscle Length Tests
  - 3.8 Recording Findings on Standard Forms
  - 3.9 Reassessing After Intervention
  - 3.10 Case Practice Full Assessment Walkthrough
- **4 Lower Limb and Foot Corrective Strategies** — 10 classes
  - 4.1 Common Foot and Ankle Problems
  - 4.2 Flat Foot and High Arch Considerations
  - 4.3 Ankle Mobility Drills
  - 4.4 Calf and Shin Release and Stretch
  - 4.5 Knee Valgus Correction Strategies
  - 4.6 Quadriceps and Hamstring Balance
  - 4.7 Glute Activation Exercises
  - 4.8 Hip Flexor Lengthening
  - 4.9 Step and Landing Control Drills
  - 4.10 Programme Example for Lower Limb Issues
- **5 Lumbar and Pelvic Corrective Strategies** — 10 classes
  - 5.1 Common Lower Back Complaints
  - 5.2 Anterior and Posterior Pelvic Tilt
  - 5.3 Core Stabilisation Exercises
  - 5.4 Lumbar Mobility Versus Stability
  - 5.5 Hip Hinge Retraining
  - 5.6 Piriformis and Deep Hip Rotator Work
  - 5.7 Sacroiliac Joint Awareness
  - 5.8 Posture Changes in Pregnancy
  - 5.9 Daily Habit Changes for Back Care
  - 5.10 Programme Example for Lower Back Pain
- **6 Shoulder, Upper Back and Neck Corrective Strategies** — 10 classes
  - 6.1 Common Shoulder Complaints
  - 6.2 Rounded Shoulders and Forward Head
  - 6.3 Scapular Control Exercises
  - 6.4 Rotator Cuff Activation
  - 6.5 Thoracic Spine Mobility
  - 6.6 Pectoral and Neck Muscle Release
  - 6.7 Breathing and Rib Cage Position
  - 6.8 Workstation Set Up Advice
  - 6.9 Desk Worker Programme Planning
  - 6.10 Programme Example for Upper Body Posture
- **7 Exercise Referral Pathways and Multidisciplinary Working** — 10 classes
  - 7.1 How Exercise Referral Schemes Work
  - 7.2 Referral Routes From Doctors and Nurses
  - 7.3 Roles of Physiotherapists and Dietitians
  - 7.4 Sharing Information Safely
  - 7.5 Writing Progress Reports for Referrers
  - 7.6 Agreeing Goals With Client and Clinician
  - 7.7 Supporting Long Term Condition Management
  - 7.8 Moving Clients From Referral to Independent Exercise
  - 7.9 Escalating Concerns to Clinical Staff
  - 7.10 Case Practice Exercise Referral Client
- **8 Corrective Exercise for Specific Client Groups** — 10 classes
  - 8.1 Corrective Work for Older Adults
  - 8.2 Corrective Work for Desk Based Workers
  - 8.3 Corrective Work for Runners
  - 8.4 Corrective Work for Strength Trainers
  - 8.5 Corrective Work for Teenagers
  - 8.6 Considerations After Joint Replacement
  - 8.7 Considerations in Arthritis
  - 8.8 Considerations in Osteoporosis
  - 8.9 Considerations During and After Pregnancy
  - 8.10 Adapting Programmes for Limited Equipment
- **9 Progressing From Corrective to Functional Training** — 10 classes
  - 9.1 Signs a Client Is Ready to Progress
  - 9.2 Integrating Corrective Drills Into Training
  - 9.3 Progressing Load and Complexity
  - 9.4 Functional Movement Patterns in Daily Life
  - 9.5 Transition Plan to General Fitness
  - 9.6 Maintaining Gains Over Time
  - 9.7 Avoiding Relapse of Old Patterns
  - 9.8 Reassessment Schedule Design
  - 9.9 Outcome Measures and Client Reports
  - 9.10 Case Practice Progression Plan Writing
- **10 Case Practice Postural Deviation Clients** — 10 classes
  - 10.1 Case Brief Forward Head Posture Client
  - 10.2 Case Brief Lower Cross Pattern Client
  - 10.3 Case Brief Upper Cross Pattern Client
  - 10.4 Case Brief Knee Pain Client
  - 10.5 Case Brief Shoulder Impingement Client
  - 10.6 Planning the Intervention Step by Step
  - 10.7 Delivering a Corrective Session
  - 10.8 Handling Unexpected Pain in Session
  - 10.9 Reviewing Outcomes After Four Weeks
  - 10.10 Writing a Case Reflection
- **11 Safety, Records and Quality Assurance** — 10 classes
  - 11.1 Risk Assessment for Corrective Sessions
  - 11.2 Safe Equipment Use and Cleaning
  - 11.3 Emergency Response in One to One Sessions
  - 11.4 Client Records and Version Control
  - 11.5 Data Protection in Client Files
  - 11.6 Incident and Complaint Handling
  - 11.7 Insurance and Legal Awareness
  - 11.8 Quality Checks of Your Own Practice
  - 11.9 Reflective Practice and Continued Learning
  - 11.10 Continuous Improvement Plan
- **12 Pathophysiology and High Risk Conditions in Exercise** — 10 classes
  - 12.1 Basic Pathophysiology for Fitness Professionals
  - 12.2 Cardiovascular Disease and Exercise Limits
  - 12.3 Respiratory Disease and Exercise Limits
  - 12.4 Metabolic Conditions and Exercise Limits
  - 12.5 Musculoskeletal and Joint Disease Basics
  - 12.6 Neurological Conditions Awareness
  - 12.7 Cancer Survivors and Exercise Awareness
  - 12.8 Identifying High Risk Clients
  - 12.9 Medication Effects on Exercise Response
  - 12.10 Adapting Programmes for High Risk Clients

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