

Solent University Exercise Referral Scheme



MAKE
WAVES

Solent University Exercise Referral Scheme



The scheme provides opportunities for people with a long-term medical conditions to become more active in a safe and welcoming environment.



The programme is now in its 9th year and has gone from strength to strength each year.

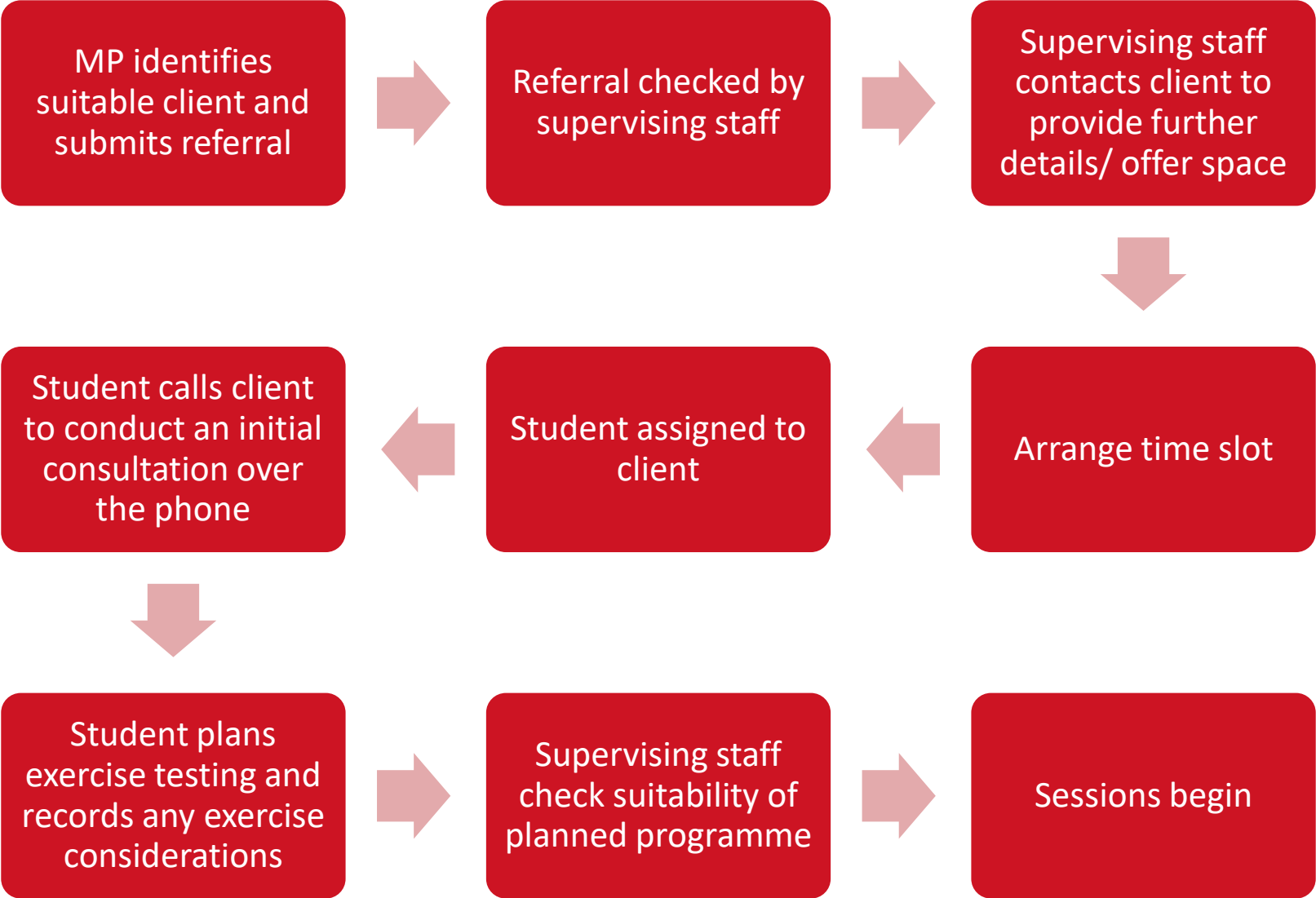


What is the exercise referral scheme?

- 1-2-1 exercise programme based within a gym environment.
- Detailed pre-and post-exercise assessment consultations and fitness testing/screening.
- A full induction where clients are shown how to use equipment and exercise safely and effectively.
- It is a unique and important part of our Health, Nutrition and Exercise Science students learning and development.
- The scheme also offers a useful and respected referral pathway for clinicians and charitable organisations in and around the Southampton area.



Referral Process



Clinic information

Clinics run three times a year:

January

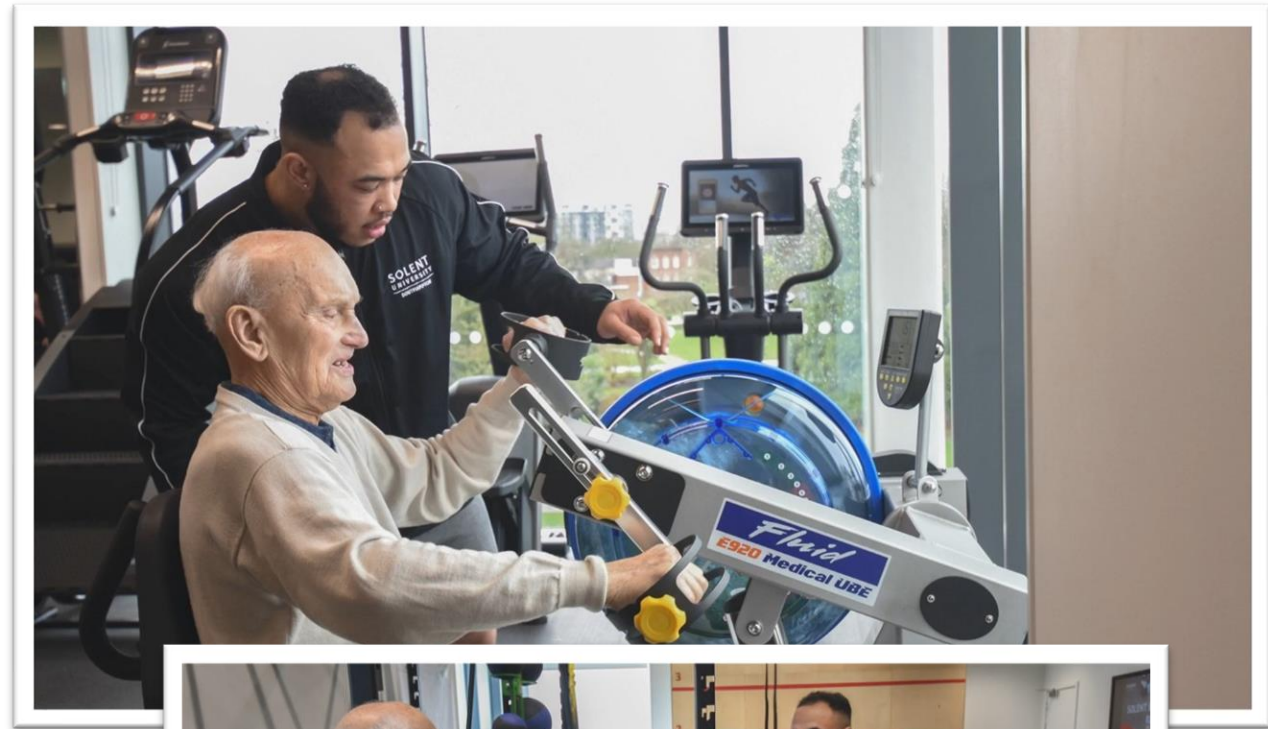
- End of January until end of March
- Thursdays only

Summer

- May to July
- Thursdays and Fridays (may change)

Autumn

- Mid-October to mid-December
- Thursdays only



Feedback

“I feel so much better. I am more mobile, and I have mobility back in my shoulder.”

“Doctors are well happy with my recovery. [Student name] has got me fit, no doubt about that.”



“The student was very informative. They explained what to do and why I was doing it. They looked after me very well.”

Student Information

BSC (Hons) Health, Nutrition and Exercise Science students

Qualifications:

- CIMSPA Level 2 Gym Instructor
- CIMSPA Level 3 Exercise Referral Instructor Qualification
- CIMSPA Level 4 Cancer Rehabilitation



Any questions?



Thank you

The logo for Solent University Southampton, featuring the text 'SOLENT UNIVERSITY' above 'SOUTHAMPTON' inside a white circle. The background of the slide is a vibrant red with a decorative wavy pattern of thin, parallel white lines that create a sense of depth and movement.

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