**Exercise for Long-term Neurological Conditions Course Timetable**

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|  **Time**  | **Day 1**  |  **Day 2**  |  **Day 3**  |  **Day 4**  |  **Day 5**  |
| 09:0009.30-10.3010.30-11.00 Break11.00-12.00 12.00-13.00 Lunch |  Introduction  Course administration and review of assessments  Review of underpinningConceptual understanding Principles of exercise prescription pertinent to patients with long-term neurological conditions  |  MCQ 1 ResultsSpinal cord injury (SCI)  Testing in neurological medicine |  Parkinson’s disease (Parkinson’s)  Cerebral palsy Neuromuscular conditions   |  MCQ 2 assessment:and short-answer questionsBreak out roomsPreparation for group presentation |  Practical assessmentsVideo submission |
|  13.00-14:00 14.00 -15.00 15.00-15.30 Break 15.30-16.00 16.00  |  Principles of exercise prescription pertinent to patients with long term Neurological conditions  Review of the exercise referral process  Acquired brain injury (ABI)  Pre-course reading MCQ assessment   |  Principles of movement execution related to long-term neurological conditions  Multiple sclerosis (MS)  Equilibrium, posture, balance and stability   |  Motor neuron disease (MND)  Mental health and neurological populations  Team Break out roomsPreparation for group presentation  |  Group presentationsCase study assessment12-week overviewPractical assessment |  Practical assessments    |

Should you require any additional support whilst on the course, please speak to your course lecturer, who will be happy to assist you. Following the course, please contact WRIGHT Foundation office. We would be happy to help with any queries. Telephone 01307 469055.