

Cardiac Rehabilitation Course

Tuesday, December 1, 2020

Fee: 300 SR

Online Session via  **zoom**

Time: 6:00 - 11:00 PM

Course Outline:

- Introduction and overview to cardiac rehabilitation.
- Standard cardiac rehabilitation approach.
- Cardiac risk factors, sign and symptoms.
- Implications of aerobic training research.
- Implications of resistance training research.
- Criteria required to begin aerobic and resistance training.
- How to prevent exercise related cardiac incidents.
- Risk stratification of the cardiac client.
- Aerobic exercise prescription, considerations, and progressions.
- Resistance exercise prescription considerations, and progressions

To register and pay please sign up through this link below

<https://www.imcademy.net/signup>

The course will educate the personal trainer on the following objectives:

- Demonstrating skill in accurately measuring heart rate, blood pressure, RPE, Talk test at rest, during a graded exercise SubMaxVO₂ treadmill test and post-exercise.
- Developing and implementing an appropriate exercise prescription for stable “low-risk” individuals with cardiovascular disease.
- Adapting exercise prescriptions for the cardiac client to accommodate physical disabilities and complications.
- Instructing cardiac clients in self-management exercise techniques for performing physical activities safely and effectively in unsupervised exercise settings.
- Enhancing fitness professionals’ self-confidence in their ability to work with cardiac clients by detailing the supportive scientific evidence and proven implementation strategies.

Invited Speaker



André Noël Potvin

MSc, ACSM PT, BCRPA-TFL, CES

André Noël Potvin is an internationally accredited author, fitness educator and clinical exercise specialist with 34 years of leadership and clinical experience. President of INFOFIT Educators School for Fitness Professionals. Dr. Potvin is the Author of the following volumes in the Productive Fitness 'Great Handbook' series (www.productivefitness.com):

- The Great Dumbbell Book
- The Great Balance & Stability Handbook
- The Great Body Ball Handbook
- The Great Foam Roller Handbook
- The Great Stretch Tubing Handbook
- The Great Home Gym Handbook
- The Great Medicine Ball Handbook
- The Great Kettle Bell Handbook

Payment Terms:

- Kindly visit your trainee dashboard (<https://www.imcademy.net/login>) and follow the steps as shown in Academy System.
- Choose your convenient payment type.
- PAY ONLINE for immediate confirmation of your seat.
- For Bank Transfer upload the copy of your transfer slip/invoice through the dashboard.
- Cash can be paid through IMC Academy Office.

For Further Information, Registration & Payments:

Please feel free to contact us at below listed details, it will be our pleasure to serve you from Saturday to Thursday, 8am - 5pm.

Ms. Rehaf H. Alfidiy

IMC Academy Registration Officer

Telephone: +966 9200 2 7778 then press #3

WhatsApp: +966 5374 62897

Email: academy@imc.med.sa

- Certificates of attendance will be received through Academy System
- 10% discount for all the Silver Membership Card holder

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