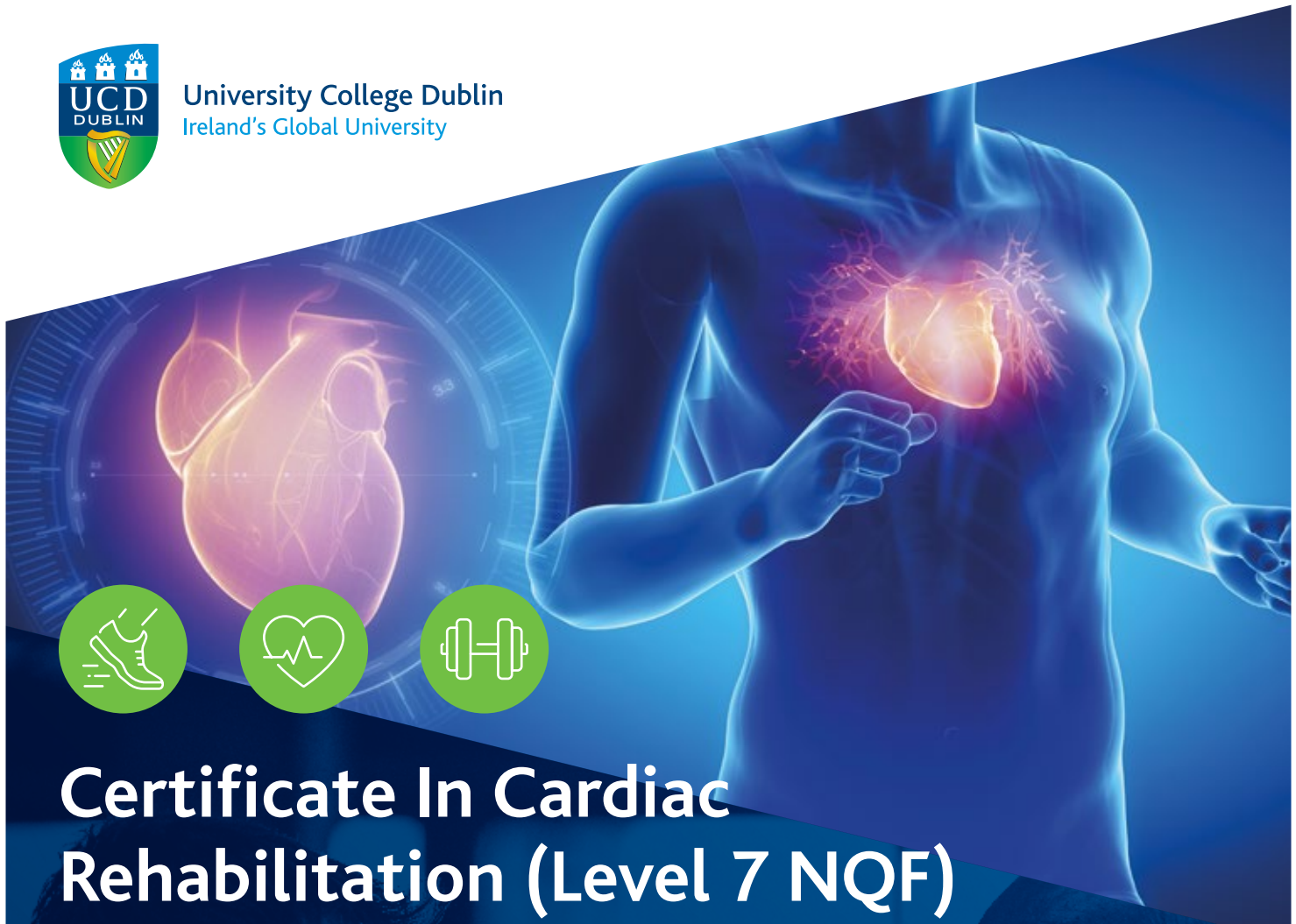




University College Dublin
Ireland's Global University



Certificate In Cardiac Rehabilitation (Level 7 NQF)

UCD School of Public Health, Physiotherapy and Sports Science

Programme Directors

Grainne O'Donoghue (PhD, MSc, BSc Physio)
UCD School of Public Health, Physiotherapy & Sports Sciences

Karen Cradock (MSc, BPhysio)
Heart2Heart Cardiac Physiotherapy Director (& Clinical Lead)

Proposed Start Date

January 2021

Programme Description

The overall aim of this certificate is to educate exercise professionals on the science of exercise training for clients with cardiovascular disease.

Students will develop their knowledge base of anatomy and physiology of the cardiovascular system, understand the effects of aerobic and strength training and adaptive changes within the cardiac population and develop a clear understanding of the contraindications to exercise. They will understand the importance of risk stratification in this population and implications for practice. Students will be able to describe a patient's journey from time of cardiac event (Phase 1) to completion of community cardiac rehabilitation (Phase 4).

What will I learn?

Core subjects include:

- Anatomy and physiology of the cardiovascular system
- Risk factors for heart disease
- Disease processes within the cardiovascular system
- Effects of exercise and exercise training on the cardiovascular system
- Contraindications to exercise
- Risk stratification of cardiac clients within the cardiac population
- Cardiac rehabilitation programme design and progression
- Practical application of theory
- Adaptations to programme for the cardiac client with comorbidities.

How will I learn

Practical component*	3 hours
Didactic lectures	17 hours
Group learning	20 hours
Self-directed learning	80 hours
Total scheduled learning	120 hours
Autonomous student learning (non-scheduled learning)	100 hours
Total student effort hours	230 hours

*attendance at 3 cardiac rehabilitation sessions

If necessary, all lectures can be delivered remotely, and the cardiac rehabilitation classes delivered via tele-health.

Teaching, Learning and Assessment Strategies

30% / MCQ (1 hour) – broad assessment of knowledge based on core course content

30% / 15 minutes oral assessment

40% / Written assignment – case study

Graduate Attributes

Graduates of this course will be qualified to deliver Phase 4 Cardiac Rehabilitation

Fee Rate

The EU fee is €1,250

The non-EU fee is €2,500



Entry Requirements

- 1 / Equivalent of Level 3 fitness instructor qualification (European Register of Exercise Professionals) OR Undergraduate / graduate degree in health / exercise science
- 2 / Have delivered 150 hours of land-based exercise to adults in the last 24 months
- 3 / Garda vetting complete (as cardiac rehabilitation clients are deemed a vulnerable population)

How to Apply

Send your CV to: cardiacrehab-clinicalexercise@ucd.ie

All applications will be reviewed by Dr Grainne O'Donoghue and Ms. Karen Cradock to ensure they fulfil the entry requirements for admission.

