



ARTHRITIS ESSENTIALS



ARTHRITIS & EXERCISE

Would you like to gain or further develop your professional knowledge and skills to meet the exercise needs of people of arthritis and musculoskeletal conditions?

Arthritis & Exercise is a component of a competency based, nationally accredited course, designed to provide healthcare professionals working with or supporting people with arthritis and related musculoskeletal conditions, with an easily accessible means of professional development.

COURSE OUTLINE:

The course covers the knowledge elements required to meet the exercise needs of people with arthritis and related musculoskeletal conditions. The course is comprised of five main topics:

1. Misconceptions about arthritis and exercise.
2. Exercise indications and contraindications for individuals with arthritis & related musculoskeletal conditions.
3. Exercise indications and considerations for specific musculoskeletal structures and joints.
4. Exercise indications and considerations for specific musculoskeletal conditions.
5. Compliance with individual limitations and with exercise recommendations.

Module contents include information, graphics, external links, embedded evidence-based resources and videos.

ARTHRITIS & EXERCISE

This course has been developed in response to a recognised gap in knowledge in the facilitation of exercise sessions specifically for people living with arthritis and related musculoskeletal conditions or those who are the risk of developing the same. The training content represents the requisite knowledge to conduct safe and effective sessions.

DELIVERY METHOD

Continuously available online providing students with the flexibility to study in their own time and location. It is recommended using a desktop computer or laptop.

On-site small group training and assessment available on request.

DURATION

- Completion of this online course, including all reading and assessment tasks, requires approximately 6 hours.
- You will have access to the course for a maximum of 6 months.

ASSESSMENT

An online quiz at the end of the course is designed to test your knowledge of the content. The quiz includes a set of true/false and multiple choice questions that students will have to answer correctly (100%). You have 5 attempts to successfully complete the quiz. The quiz is automatically marked online.

COURSE OUTCOME

Arthritis & Exercise is a component within the nationally accredited 10956NAT Course in Management of Musculoskeletal Conditions.

Upon successful completion of this course participants receive a Certificate of Completion and CEC points as approved for this course.



COST

\$160 AUD

HOW TO ENROL

Enrol online by going to:

<https://online.arthritistas.org.au>

"It's very relevant to my employment".

"You have great content in your course and I learn a lot and I find it interesting"

"Keep doing a great job. Your courses are very informative which I think is wonderful it helps me with training my clients"



**REGISTERED
CEC PROVIDER**



5 CECs



**Arthritis &
Osteoporosis**

ABN 77 080 908 252

TASMANIA

19A Main Road, Moonah TAS 7009

Tel: 03 6228 4824

Email: training@arthritistas.org.au

<https://online.arthritistas.org.au>

V1.3 2022