Unit 5 Planning exercise referral programmes with patients Unit accreditation number: D/503/7494

Unit 4 Applying the principles of nutrition to a physical activity programme

Unit accreditation number: L/600/9054

**Informed consent to act as case study**

Exercise professionals who complete the Active IQ Level 3 Diploma in Exercise Referral are required to undertake a work-based case study with a patient who has participated in their sessions or for whom they have developed an exercise programme.

Individuals who cooperate­ in case studies are asked to give their permission that the information provided to the instructor may be included in the case study. If you agree to become a subject for a case study, your name will not be used on the work submitted by the student.

Maintaining high standards of exercise instruction for people who begin a new programme of exercise or who are referred onto a local exercise referral scheme to improve their health, is extremely important. For this reason it will be greatly appreciated if you agree to act as a subject for this case study.

**Patient consent:**

I (name of patient) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ agree to my details being included in a written. case study for the purposes of this Exercise Instructor Training Course.

Signature of Patient: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date:

Signature of Learner/Instructor: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: