

Murphy METs Programme

Trainers Short Course

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Murphy METs Programme

Marie Murphy has designed, developed and implemented a fitness programme for individuals with stable chronic medical conditions including cancer, heart disease, diabetes, osteoporosis, arthritis, hypertension and obesity. This programme is known as the *'Murphy METs Programme'*.

Marie Murphy is now licensing the *'Murphy METs Programme'* and materials to qualified, registered and insured exercise professionals to conduct classes using the *'Murphy METs Programme'* at their own premises or at a Cancer Support Centre.

Trainers Certificate will be issued to a person who successfully completes the *'Murphy METs Programme'* training who holds a license or is under the license of a Cancer Centre/Organisation and continues to be accredited to teach the *'Murphy METs Programme'* at location of licensee. A Trainer's certificate will not be valid outside location of licensee.

Trainers Short Course

This course will provide the skills, resources and knowledge for a qualified, registered and insured exercise professional to become a certified *'Murphy METs Programme'* Trainer, essential for delivering the *'Murphy METs Programme'* to cancer survivors or those with long term health conditions

The *'Murphy METs Programme'* is a low to moderate intensity physical activity programme. This is why all participants with a chronic condition need a medical clearance certificate from their Doctor. The *'Murphy METs Programme'* is specifically designed to be safe for people with chronic diseases for example: cancer, osteoporosis, or diabetes. The programme is designed to suit all levels of fitness, even those who have never exercised previously. Example: Those at risk of falls, respiratory, musculoskeletal and depression; those with severe or unstable chronic conditions, who are referred to the *'Murphy METs Programme'*, will be assessed for their suitability.

The '*Murphy METs Programme*' involves conditioning, strengthening, and endurance phases. Participants are encouraged to exercise at a level that has been determined on an individual basis. The focus of the programme is to improve flexibility, balance, co-ordination, mobility, strength, musculoskeletal function, bone density and confidence, in addition to having an impact on cardiovascular fitness, weight management and psychosocial well-being.

Training is delivered by Marie Murphy and provides Trainers with:

- Protocols and risk management strategies for safely delivering the '*Murphy METs Programme*', to all people, especially cancer survivors or those with long term health conditions.
- Risk assessment tools and skills (screening participants who require medical clearance to exercise) which incorporate a clearance form from their GPs.
- Skills in delivering the '*Murphy METs Programme*', so that each individual can participate at own low to moderate rate of perceived exertion.
- The incorporation of theory, demonstrations, practice, small group work and discussion of case studies.
- Overall programming guidelines making the programme safe for all participants regardless of condition.
- Skills and resources to assist in participating in the '*Murphy METs Programme*'.

Eligibility:

Please note it is essential that those who wish to teach the '*Murphy METs Programme*', must be qualified, registered and insured exercise professionals. Please see pre-requisites below for more information. If your profession is not listed or you are unsure of your eligibility please contact Marie Murphy prior to registering.

Pre-requisites:

To be able to run '*Murphy METs Programme*', classes please check that Trainers satisfy the pre-requisites outlined for their profession.

Fitness Leaders/Personal Trainers: Must have a National Elite Fitness Professional Certificate (NEFPC), or similar certification accredited by ITEC, FETAC and the European Health and Fitness Association (EHFA). Physiotherapists: Must be registered with Irish Society of Chartered Physiotherapists (ISCP) or similar certification.

Delivery Mode:

Course presented by Marie Murphy Programme Owner, Health & Fitness Consultant and Former Irish Olympian; over 4 workshops. Final exam (1 hour) separate to workshops. Course consists of three compulsory components:

Part I: Theory - This course covers risk factors and chronic disease, safety guidelines, risk assessment and risk management in delivering the '*Murphy METs Programme*' to people with chronic conditions.

Part II: Nutrition – This course covers preventing/resolving nutrient deficiencies, achieving/ maintaining a healthy weight, preserving lean body mass, minimizing nutrition-related side effects, and maximizing quality of life of survivors.

Part III: Practical Training - Including demonstrations, case studies, small group work and discussions designed to integrate the theory into delivery and management of the '*Murphy METs Programme*' classes.

Course Location: TBA

Dates: TBA

Workshop Sessions would only be set up following review of trainer's suitability and qualifications.

Part I: Theory

Case studies

Risk factors

Safety guidelines

Risk assessment

Risk management in delivering the '*Murphy METs Programme*'

Part II: Nutrition

Prevention

Nutrient deficiencies

Achieving/ maintaining a healthy weight

Preserving lean body mass

Minimizing nutrition-related side effects

Maximizing quality of life of survivors

Part III: Practical Training

Demonstrations

Case studies

Small group work

Integrating theory into delivery

Management of the '*Murphy METs Programme*'

Practical Workshop Follow-up Course

Overview:

This course involves in depth practical and small group integration work. This follow-up course provides existing '*Murphy METs Programme*' certified Trainers/Users with many practical experiences and learning options for fitness and exercise professionals.

Eligibility:

Successful completion of '*Murphy METs Programme*' Trainers Training Course

Delivery Mode:

Face to face 1 day workshop

Trainers Handbook Material

Cardiovascular Programme

- '*Murphy METs Programme*' Overview
- METs (guidelines for prevention/recurrence disease)
- Fitness testing (1 mile time trial)
- Training Schedule (conditioning, strengthening, endurance phases)
- Programme levels (9) Beginner 1,2,3, Intermediate 4,5,6, Advanced 7,8,9
- Cardiovascular Guidelines 1-20
- Trainers Responsibilities 1-12
- Safety Guidelines 1-12
- Injury Prevention 1-20
- Danger Signs

Resistance Training Programme

- '*Murphy METs Programme*' Overview
- Cancer treatments/side effects
- Training Mode
- Training Schedule (conditioning, strengthening, endurance phases)
- Participant Evaluation
- Programme levels (3) Beginner, Intermediate, Advanced
- Measurements (Lymphedema, BMI)
- Guidelines 1-24 (breast cancer)
- Guidelines 1-32 (combined programme)

- Moving-up Programme levels 1-6 (upper body)
- Moving-up Programme levels 1-6 (lower body)
- Trainers Responsibilities 1-12
- Safety Guidelines 1-12
- Injury Prevention 1-20
- Danger Signs

Nutritional Programme

- Cancer Facts
- Nutrient deficiencies
- Positive/Negative Adaptation to training
- Macronutrients/Micronutrients
- Maximizing quality of life
- Meal Planning
- BMR, AMR, RDA

Documents

- Information for health professionals
- Health questionnaire
- Quality of life questionnaire
- Nutritional status questionnaire
- Medical consent form
- Participant consent & waiver release form
- Data protection consent form
- Training logs
- Training schedules
- License agreement

Trainers Short Course Fees**Exercise Professional (1 trainee)**

Cardiovascular Programme. (1 workshop Theory & Practical).....	€175
Resistance Programme (2 workshops Theory & Practical).....	€350
Nutritional Guidelines (1 workshop Theory).....	€175
Final Exam/Certificate	€95
Annual Licence	€150
Total (excluding applicable VAT).....	€945

Centres/Organisations (3-4 trainees)

Cardiovascular Programme. (1 workshops Theory & Practical).....	€700
Resistance Programme (2 workshops Theory & Practical).....	€1,400
Nutritional Guidelines (1 workshop Theory).....	€700
Final Exam/Certificate (per individual Trainee).....	€95
Annual Licence	€350
Total (excluding travel expense and applicable VAT).....	€3,245

Note:

- Trainees can choose to be qualified in cardiovascular or resistance training.
- All Trainees must complete nutritional guidelines workshop.
- Licence fee applies to the Organisation/location that trainers will be teaching the 'Murphy METs Programme' classes or an independent Exercise Professional (please see 'Murphy METs Programme' license).
- A Trainer's certificate will not be valid outside location of Licensee.
- Centres/Organisations registering more than 4 trainees will incur additional fees.
- To commence course 50% of fees are required with registration.
- Second instalment to be made on or before date of first workshop.

Application Form
'Murphy METs Programme'

Name: _____

Address: _____

Centre/Organisation: _____

Telephone: Work _____ Mobile _____

Email Address: _____

Qualifications: _____

Please indicate which workshops you are interested in taking and email application form to: marie@marimurphyhealthfitness.com or phone 0851965468 to speak with Marie.

Centre/Organisation: ☐

Individual: ☐

Nutritional Guidelines: ☐ (certificate not applicable)

Cardiovascular Programme and Nutritional Guidelines: ☐

Resistance Training Programme and Nutritional Guidelines: ☐

Cardiovascular Programme, Resistance Training Programme and Nutritional Guidelines: ☐

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