

Murphy (METs) Programme

Trainers Short Course

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Version 1.0
Jan. 14, 2014

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Trainers Short Course

Overview:

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, FITEC and the European Health and Fitness Association (EHFA). Physiotherapists: Must be registered with Irish Society of Chartered Physiotherapists (ISCP) or similar certification.

Delivery Mode:

Presented by Marie Murphy Consultant Exercise & Nutrition Specialist; over 3 months (36 hours). Week days 9:30am – 4:30pm. Weekends 10:00am-4:00pm. 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

- 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 Overview
- 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

- Health questionnaire
- Quality of life questionnaire
- Participant consent & waiver release form
- Information for health professionals
- Training logs
- Training Schedules