

## Examples of Settings/Referral Routes/Sessions

Tertiary/Secondary/PHC Settings  
Referral through to self referral  
and recommended all risk levels  
Programme management  
and training skills

Referred patients high  
risk: assessment/test;  
secondary and tertiary  
health settings:  
hospital-based;  
medically supervised  
physical activity  
and/or specialist  
exercise sessions:  
“phase III” cardiac  
rehab; “phase III”  
osteoporosis; falls;  
claudication, stroke,  
mental health and  
dementia care,  
palliative care etc

Referred patients medium risk:  
assessment/test; indoor & outdoor  
community leisure & PHC  
settings; multidisciplinary; physical  
activity and/or adapted exercise  
sessions: phase IV cardiac rehab;  
osteoporosis and falls prevention;  
arthritis care; back care, stroke,  
Parkinson's, HIV, depression/anxiety  
(integrated); mental health/dementia  
care (integrated) etc

Referred patients low risk:  
assessment; indoor & outdoor  
community leisure & PHC  
settings; physical activity  
and/or adapted exercise or  
sport sessions for special  
populations; older people;  
pre and post natal; people  
with disabilities; weight control,  
depression, mild anxiety etc

Recommended/self-referred  
people: indoor & outdoor  
community leisure settings;  
physical activity; sport and  
exercise; weights; circuits;  
exercise to music; aqua;  
step; walking

## Participant Risk & Activity Modification

Expertise

**Multi-Level**  
Programme Direction

Clinical Exercise  
Programme  
Director

### HIGH RISK POPULATIONS

*Highly adapted  
physical activity  
with multidisciplinary  
supervision for people with  
current severe disease  
or disability*

Advanced  
Instructor  
(Clinical  
Exercise)

### MEDIUM RISK POPULATIONS

*Adapted physical activity for  
people with significant  
physical limitation related to  
chronic disease or disability*

Advanced  
Instructor  
Referred  
Populations 2

### LOW RISK POPULATIONS

*Adapted physical activity for  
people with minor, stable  
physical limitations or two  
or less CHD risk factors*

Advanced  
Instructor  
Referred  
Populations 1

### GENERAL POPULATIONS

*Physical activity for apparently  
healthy people with no physical  
limitations and not more than  
one CHD risk factor*

Exercise  
& Fitness  
Coach,  
Teacher,  
Instructor

Adapted for UK from ACSM Guidelines for Exercise Testing and Prescription (1995).  
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