



**DIABETES
QUALIFIED**



**DIABETES & EXERCISE
eLEARNING COURSE**

✓ Learning ✓ Solutions ✓ Resources



eLearning
Course



12 hours to complete
CPD Accredited

ABOUT THE COURSE

The Diabetes and Exercise eLearning program provides exercise professionals with extensive knowledge of how to ensure exercise prescription is safe, and effective for people living with diabetes and other lifestyle-related chronic conditions.

Who is this Course for?

- ✓ Exercise Physiologists
- ✓ Exercise Scientists
- ✓ Certificate IV Personal Trainers
- ✓ Physiotherapists
- ✓ Any other Health Professional

“ I really enjoyed the interactive style of this course with case studies to keep me interested throughout, I refreshed my diabetes knowledge and learnt new strategies for exercise prescription.

Karen, Exercise Physiologist



COURSE OVERVIEW

The online course has 13 modules, with 4 assessments.

By completing this course you will:

- ✓ Have increased knowledge and understanding about diabetes and diabetes management
- ✓ Be able to create a safe and effective exercise plan for people living with diabetes
- ✓ Have the ability to support the person living with diabetes and have a more helpful conversation using health literacy principles
- ✓ Know how to ask the right questions, and when to refer to other health professionals for more individualised advice



Our eLearning course can be completed anywhere, anytime allowing you to conveniently learn at your own pace.



The ESSA Professional Development Committee certifies that this Professional Development offering meets the criteria for 11 Continuing Professional Development (CPD) Points.



Fitness Australia offers a total of 10 Continuing Education Credit (CEC) Points.

VISIT OUR WEBSITE TO ENROL TODAY

[DIABETESQUALIFIED.COM.AU](https://diabetesqualified.com.au)



1 in 4 adults



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are either living with
diabetes or pre-diabetes

- ✓ Self paced
- ✓ Online and interactive course
- ✓ 12 hours online learning
- ✓ Knowledge checks
- ✓ Earn Continuing Professional Development (CPD) hours
- ✓ Certificate of completion

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**DIABETES
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A SUBSIDIARY OF



diabetes
nsw & act

Diabetes Qualified is owned by Diabetes NSW & ACT, Australia's largest member-based charity for people living with or at risk of diabetes. Diabetes NSW & ACT has been supporting people with diabetes, their families, carers and friends, since 1938.