

<b>Community Exercise Programme for Stroke</b>
<b>Training Programme Documents Available on DVD</b>

Section 1	Programme Summary
	Competency Checklist
	Class Assessment Checklist
Section 2	Effects of Stroke 1 - Heart & Stroke
	Effects of Stroke 2 - Heart & Stroke
Section 4	Borg RPE
Section 5	Exercise Programme
	Exercise Quick Reference
Section 6	Facility Plan
	Physician Consent Form
	Participant Information Sheet
	Planning an Exercise Class
	Participant Attendance Sheet
	Class Plan
	Confidentiality Form
	Roles & Responsibilities
Documents for the Health Care Link	Programme Summary
	Exercise Programme
	Exercise Quick Reference
	Competency Checklist
	Facility Plan
	Class Plan
	Class Assessment Checklist
	Physician Consent Form
	Confidentiality Form
	Participant Information Sheet
	Roles & Responsibilities
	Completion Certificate