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# Mark Campbell

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## CAREER HISTORY

**Associate Lecturer** – Oxford Brookes University. Oct 2015 – present.

In this part-time role, I teach the register of exercise professionals (REPS) approved level four course and standalone MSc module: exercise prescription for long-term neurological conditions. The course is based on extensive research by the Movement Science Group at Oxford Brookes University, into neurological populations and the effects exercise has on people with conditions such as stroke, Parkinson's disease and multiple sclerosis.

**Senior Technical Instructor** - Action for Rehabilitation from Neurological Injury (ARNi).  
Oct 2010 – Present.

I have an advisory role in relation to the training requirements of exercise professionals and the provision of training that ARNi can provide.

**Freelance Trainer / Assessor / Internal Quality Assurer** – Jan 2006 – Present.

Tutoring, assessing and internally quality assuring various REPs level two, level three, level four and other related health and fitness continuing professional development courses.

**Clinical Referral Manager** - Blackburn with Darwen Borough Council. April 2003 – Present.

Responsible for the management of three exercise referral projects and an essential member of a multi-disciplinary team delivering the physical activity component of a hospital based Heart Failure, and a community based Phase Three cardiac rehabilitation programme.

**Health And Fitness Co-ordinator** - Dundee City Council. Sept 1992 - April 2003.

Employed to design and deliver physical activity routines and associated educational sessions, on a one to one basis to patients with varied medical conditions. Sole responsibility for the development of the Cardiac Rehabilitation phase IV sessions and Pulmonary Rehabilitation programmes.

**Physiotherapy Technical Instructor** – Tayside Hospitals Trust. Part Time 1996 – 2000.

Designing and delivering physical activity sessions to psychiatric patients within a hospital setting as part of a multi-disciplinary team.

## Experience

Mark is a Clinical Referral Manager employed by Blackburn with Darwen (BwD) Borough Council and is funded by the BwD Clinical Commissioning Group. In this full-time role Mark manages three long-term condition projects. Mark has worked in the health and fitness sector since 1984, specialising in Cardiac Rehabilitation since 1999.

In a freelance role Mark is a tutor, assessor and internal quality assurer on a number of REPs level two, three and four accredited health and fitness exercise instructor training courses.

Mark has a particular interest in the application of strength training for those diagnosed with long-term conditions. He has achieved his Certified Strength and Conditioning Specialist qualification from the National Strength and Conditioning Association. Mark is an American College of Sports Medicine (ACSM) Certified Clinical Exercise Physiologist and also a Registered Clinical Exercise Physiologist.

Mark is a British Association of Sport and Exercise Sciences (BASES) Certified Exercise Practitioner (CEP) and represents BASES on the British Association of Cardiovascular Prevention and Rehabilitation Exercise Professional Group (BACPR EPG). This latter group which shares the common goal of ensuring that all client and patient groups, either with cardiovascular disease (CVD) or those at high risk of developing the disease, receive quality assured evidence-based services relating to physical activity and exercise.

Mark has recently co-developed and is now the course director for the Association of Chartered Physiotherapists in Cardiac Rehabilitation (ACPICR) and BACPR Resistance Training course, which is delivered across the UK to cardiac rehabilitation professionals. He has presented on the topic of “Resistance Training in the Heart Failure population” at the 2013 BACPR EPG annual conference.

As a result of a two-week work placement to the cardiac rehabilitation programme at Baylor Heart Hospital, in Dallas, Texas in 2014, Mark was involved in a published work;

Adams, J., Lotshaw, A., Exum, E., Campbell, M., Spranger, C. B., Beveridge, J., ... Schussler, J. M. (2016). An alternative approach to prescribing sternal precautions after median sternotomy, “Keep Your Move in the Tube.” *Proceedings (Baylor University. Medical Center)*, 29(1), 97–100.

Solomon, T.R., DeJong, S., Billbrey, T., Carbone, P., Campbell, M. (2017). Cardiac rehabilitation for a skydiver after aortic valve replacement for pure aortic regurgitation and resection of the ascending aorta complicated by active infective endocarditis and heart block requiring a pacemaker. *Proceedings (Baylor University. Medical Center)*, 30(2), 234–236.

## Exercise / Professional Qualifications.

Y.M.C.A	Fitness Trainer	1995
I.L.A.M	G.P Exercise Referral certificate	2000
A. S. T	Sports Massage Certificate	2001
B.A.C.R	Cardiac Rehab Phase Four Instructor (REPS Level 4)	2002
LLT	Postural Stability Instructor (REPS Level 4)	2004
Edexcel	Certificate Management Studies (CMS). Level 5	2008
YMCA	Assessor Training	2008
Premier Fit.	Anatomy & Physiology Diploma	2009
BLF	Chronic Respiratory Disease Exercise Instructor	2009
OLF	Kettlebell Instructor	2010
BWLA	Olympic Weightlifting Asst' Club Coach	2010
UKSCA	Weight Lifting Workshops	2010
Chester	MSc Cardiovascular Rehabilitation	2010
Edexcel	Preparing to Teach in the Lifelong Sector (PTLLS) Level 4	2010
BASES	Certified Exercise Practitioner	2010
ACSM	Certified Clinical Exercise Specialist	2010
ARNi	Functional Exercise after Stroke	2011
4MAT	AED Trainer / Assessor	2011
Discovery	Indoor Cycle Instructor	2011
Discovery	Circuit Training	2011
Discovery	Sports Nutrition	2011
Discovery	Obesity & Diabetes Management (REPS Level 4)	2011
Discovery	Lower Back Pain (REPS Level 4)	2011
Faster	Advanced Functional Trainer (Therapy)	2011
B.A.C.P. R	Cardiac Exercise Phase IV Revalidation (3 <sup>rd</sup> )	2011
Resus Ccil	Immediate Life Support	2012
TRX	Suspension Trainer	2012
Faster	Advanced Functional Trainer (Performance)	2012
MMU	BSc (Hons) Sports Science	2012
Faster	Specialist in Functional Performance / Therapy	2012
Faster	Exercise Management for CV conditions	2012
YMCA	CYQ Internal Quality Assurance (IQA)	2013
YMCA	Certificate in Fitness Instructing - Gym	2013
YMCA	Certificate in Personal Training	2013
NSCA	Certified Strength and Conditioning Specialist	2013
Oxford	Exercise Prescription for Long-Term Neurological Conditions	2013
ACSM	Registered Clinical Exercise Physiology	2013

### **Children / Youth Qualifications.**

BASES	Safeguarding Children	2010
I.Y.C.A	Youth Fitness Specialist (Level 1)	2012
I.Y.C.A	Youth Fitness Specialist (Level 2)	2012
I.Y.C.A	Youth Fitness Specialist (Level 3)	2012
I.Y.C.A	Youth Nutrition Specialist	2012
I.Y.C.A	Youth Speed Training	2012
I.Y.C.A	Kinesiology	2012
I.Y.C.A	Complete Athlete Development	2012
N.A.S.M	Youth Exercise Specialist	2012
B.H.F	Children with Medical Conditions	2012
Discovery	Health Related Exercise for Children	2012
S.C.U.K	Fundamentals of Movement	2012
S.C.U.K	Fundamentals of Agility	2012
S.C.U.K	Fundamentals of Balance	2012
S.C.U.K	Fundamentals of Coordination	2012
S.C.U.K	Coaching Children	2012
G.M.S.P	Lets Play Under 5's Physical Activity	2012
I.Y.C.A	High School Strength Certification	2013

### **Continuing Professional Development.**

E.S.C	Cardiac Rehabilitation World Congress	2004
B.A.C.P.R	Annual Conference	2003, 2004, 2005, 2006, 2015, 2016
B.A.C.P.R	Exercise Professional Group Conference	2003 all through to 2016
B.A.C.P.R	Assessing Functional Capacity (Clinical Populations)	2007
B.A.C.P.R	Management of the Complex Patient	2007
B.A.C.P.R	Exercise for Heart Failure patients	2008
B.A.C.P.R	Psychological Management & Health Behaviour Change	2011
B.A.C.P.R	Advanced Application in Physical Activity & Exercise	2011
B.A.C.P.R	Standards & Core Components Study Day	2012
B.A.C.P.R	Risk of CVD & Managing Weight	2012
B.A.C.P.R	Exercise Professional Group Conference. Presenter.	2013
BCS	Annual National Conference (Two Day).	2015, 2016
B.A.S.E.S	Biomechanics / Performance Analysis (S & C)	2009
B.A.S.E.S	Programme Design and Periodisation	2010
B.A.S.E.S	Strength and Power Diagnostics	2010

M.H.C	Implantable Cardioverter - Defibrillator study day	2009
GM & CSN	Introduction to the Electrocardiogram (EGG)	2010
GM & CSN	Systematic Interpretation of the ECG (3+2+1)	2010
GML & SCN	NW Cardiac Rehabilitation Practitioners Event – Presenter	2015

***Clinical Exercise Physiology Association.***

Exercise and Glucose Control		2013
HIIT in patients with Chronic Disease		2013
Exercise Program Considerations for Cardiac Rehab Patients		2013
Special Considerations in Exercise for People with Diabetes		2013
Parkinson’s Disease and Exercise		2014
Higher intensity interval training in patients		2014
Individual Exercise Programming for those with claudication		2015
The Benefits of Exercise for Cancer Survivors		2015
Cardiovascular Prevention Guidelines.		2015
Arterial Stiffness: Cardiovascular Disease Interventions.		2015
Exercise Prescription in Patients with Multiple Co-Morbidities		2016
Effect of Post Exercise Blood Flow on Glucose Regulation		2016
Pelvic Floor Function and Considerations for S and C.		2016
High-Intensity Interval Training in Clinical Populations.		2016
Muscling Up on Mental Illness.		2016

***American College of Sports Medicine (ACSM).***

Certified News Second Quarter.	Online Course.	2015
Certified News Third Quarter.	Online Course.	2015
Certified News Fourth Quarter.	Online Course.	2015
Certified News First Quarter.	Online Course.	2016
Certified News Second Quarter.	Online Course.	2016
Certified News Third Quarter.	Online Course.	2016
Certified News Fourth Quarter.	Online Course.	2016

## **ACSM Exam Re-validation;**

Registered Clinical Exercise Physiologist (RCEP).	Oct 2016
Certified Clinical Exercise Physiologist.	Oct 2016

## **RCEP Certification Exam Board;**

Weekly Meetings.	Sept 2015 - present
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## **MSc / BSc Modules.**

### MSc Cardiovascular Rehabilitation.

Chester	MSc (Cardiovascular Anatomy & Physiology)	2006
Chester	MSc (Health Promotion for Cardiovascular Rehabilitation)	2007
Chester	MSc (Risk Factors for Cardiovascular Disease)	2007
Chester	MSc (CVD Investigation & Treatment)	2007
Chester	MSc (Nutrition & CV Health)	2008
Chester	MSc (Clinical Exercise Testing & Prescription)	2008
Chester	MSc (Research Methods & Data Analysis)	2008
Chester	MSc (Research Project)	2009

### BSc Sports Science.

MMU	BSc (Physiology)	2009
MMU	BSc (Psychology)	2009
MMU	BSc (Biomechanics)	2009
MMU	BSc (Performance Analysis)	2011
MMU	BSc (Training Theory)	2011
MMU	BSc (High Performance Athletes)	2011
MMU	BSc (Research Methods)	2012
MMU	BSc (Research Project)	2012

**IQA Standardisation.**

**CYQ.**

Level Two Gym. Standardisation.	Jan 2014.
Level Three PT. Standardisation.	Mar 2014.
Ex Referral. Standardisation.	May 2014.
Level Three PT. Standardisation.	Mar 2015.

**AIQ.**

E Clinic. Low Back Pain Standardisation.	Mar 2013.
E Clinic. Level Two Gym Standardisation.	May 2013.
E Clinic. Level Three PT Standardisation	May 2013.
E Clinic. Internal Verification Best Practice.	Nov 2016.
E Clinic. Personal Trainer Level Four.	July 2017.

**IQA Work.**

**Awarding Body;**

CYQ / AIQ / VTCT / Skills Active.

**Training Providers employed by;**

Belfast Metropolitan College.  
Wright Foundation.  
Image Fitness Training.  
T2 Fitness.  
Million Dollar Fitness.  
CHAI Centre.  
PTM Group Ltd.

**Qualifications IQA;**

Level Two Gym Instructor.  
Level Three Certificate in Personal Training  
Low Back pain.  
Cancer Exercise.  
GP / Exercise Referral.  
Cardiac Rehabilitation.  
Pulmonary Rehabilitation.  
Obesity / Diabetes.  
Mental Health.

**Lecturer.**

**Oxford Brookes University, MSc Modules.**

Exercise Prescription for Long Term Neurological Conditions.  
Functional Recovery from Stroke.

**Association of Chartered Physiotherapists in Cardiac Rehabilitation /  
British Association for Cardiovascular Prevention and Rehabilitation.**

Resistance Training for Health Care Professionals in Cardiac Rehabilitation.