

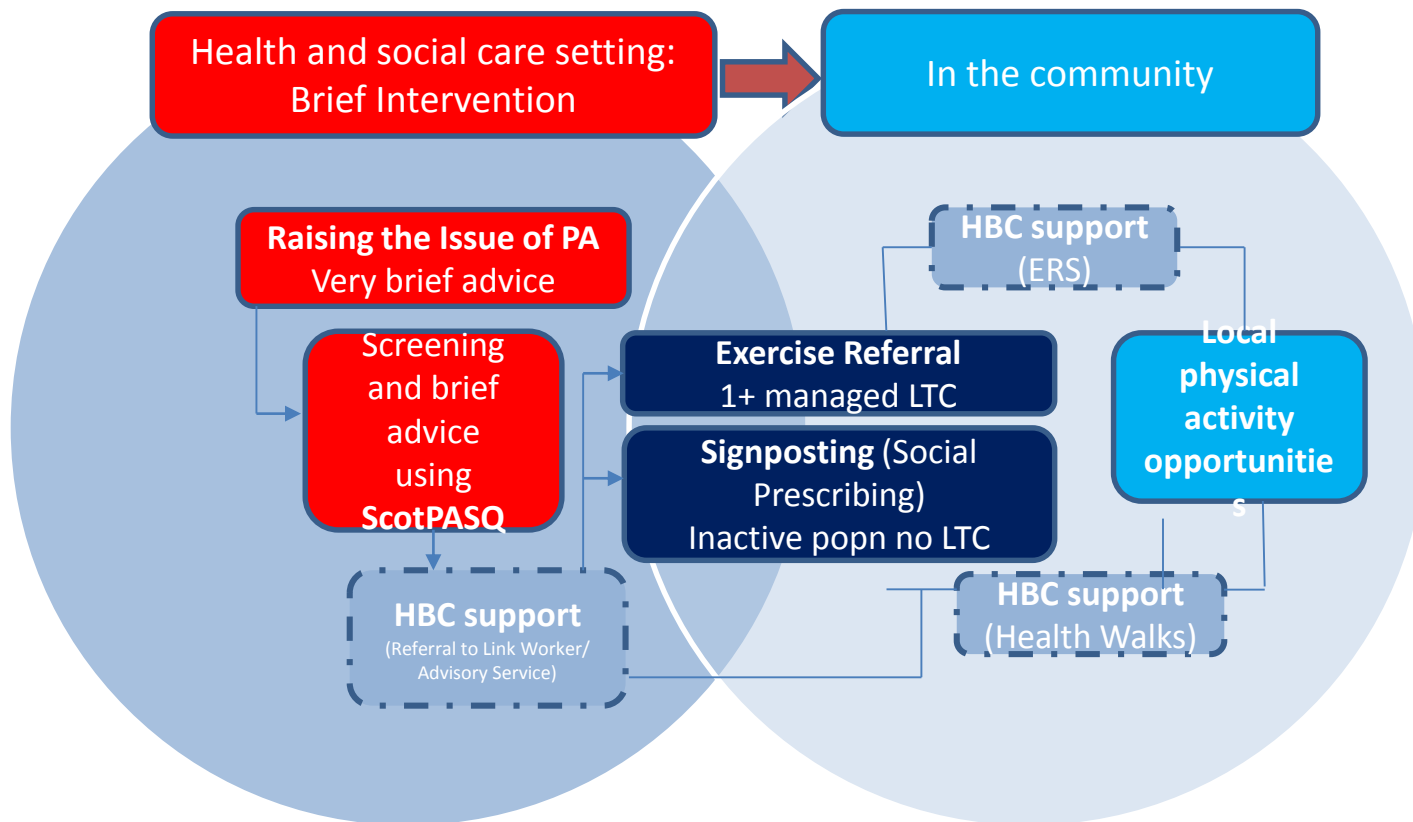
Exercise Referral Learning Exchange

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#ScotExRef



National Physical Activity Pathway





Audit of Exercise Referral Schemes in Scotland: A snapshot of current practice 2018

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Recommendations

- **Opportunities for sharing practice and learning** between schemes are explored and supported
- **Evaluation support** - data capture/evaluation design
- **Workforce development** - professional standards
- **Consider physical activity interventions which fell outside the scope of this audit** E.G. Condition specific programmes (cancer, falls, mental health etc) and other third sector PA social prescribing opportunities.



What are the core elements of an effective physical activity health behavioural change intervention, such as an Exercise Referral Programme?



Next Steps

- Collate and disseminate the key findings from today
- ERS Development Group
- Further learning exchange sessions for 2019/20