



## **BACPR Exercise Professionals Group**

### **MEMORANDUM OF COLLABORATION 2024**

#### **Between:**

**The British Association of Sport and Exercise Sciences,  
The Association of Chartered Physiotherapists in Cardiovascular Rehabilitation, and  
The British Association for Cardiovascular Prevention and Rehabilitation**

#### **1. Aim of the Memorandum:**

This Memorandum of Collaboration (MoC) aims to formalise the working relationship between the British Association of Sport and Exercise Sciences (BASES), the Association of Chartered Physiotherapists in Cardiovascular Rehabilitation (ACPICR) and the British Association for Cardiovascular Prevention and Rehabilitation (BACPR), who collaborate to ensure quality assured evidence-based services relating to physical activity and exercise for individuals with cardiovascular disease.

#### **2. Collaborating Associations:**

- **BASES** is a professional body that promotes excellence in sport and exercise sciences through evidence-based practice in the UK. BASES is focussed on developing and enhancing the professional standards of its members who are actively involved in the sport and exercise sciences. Clinical Exercise Physiology UK (CEP-UK), an Advisory Group of BASES, is the group setting the standards for UK Clinical Exercise Physiologists, working to further advocate and promote Clinical Exercise Physiology as a healthcare profession.
- **ACPICR** is a professional network of the Chartered Society of Physiotherapy (CSP). APICR champions the role of physiotherapy in cardiovascular rehabilitation, promotes professional competence and service equity, and welcomes all health professionals working in or interested in the physical activity and exercise component of cardiovascular rehabilitation.
- **BACPR** is a membership organisation representing and serving the needs of all professionals involved in cardiovascular disease prevention and rehabilitation. BACPR supports health professionals in the development, delivery and assessment of evidence-based and individualised programmes of prevention and rehabilitation which have been appropriately funded and which are accessed both by individuals with established cardiovascular disease (CVD) and those with CVD risk factors. BACPR has an Exercise Instructor Network (EIN) which is a formal subgroup that supports graduates from the BACPR Specialist Exercise Instructor Training qualification. BACPR EIN represents the main link for BACPR for this collaboration.

BASES, APICR and BACPR share a common goal of ensuring that individuals with CVD receive the highest quality advice, support and guidance in being more physically active and physically fit. Through collaboration as an interprofessional forum, these three organisations bring a variety of skills, knowledge and experience that enable them to achieve the aims and objectives outlined in section 3. As the organisation and work of this interprofessional forum is supported by BACPR, the forum will henceforth be named BACPR Exercise Professionals Group (BACPR EPG).

#### **3. Aims and Objectives of the Collaboration:**

- BACPR EPG will be implemented by each of the three partners (BASES, ACPICR and BACPR) nominating three representatives that will meet no less than twice per year.
- BACPR EPG will cooperate to maintain an up-to-date set of standards, knowledge and competencies to which any individual (independent of his/her professional qualification) will be expected to work in relation to the physical activity/exercise component of rehabilitation and disease prevention for individuals with CVD.
- BACPR EPG will cooperate to develop practice standards, offer training and continuing professional development, and advise any professional group, charity or association on matters pertaining to individualised guidance, professional practice, or research of physical activity and exercise in relation to CVD.
- BACPR EPG will cooperate to further seek and develop research that will strengthen the value and efficacy of physical activity and exercise as a key modality in the rehabilitation and disease prevention of individuals with CVD.





#### 4. Contributions of Each Collaborating Association:

- **BASES** will ensure that via its Clinical Exercise Science and Practice Interest Group and the work with CEP-UK, it contributes to the objectives of the collaboration that relate to the practice and research of sport and exercise sciences especially in promoting the development of its members to achieve high standards of practice/research that ultimately reflect those outlined within its standards for accreditation, that relates to advising patients with CVD, and to share any of this information that is of benefit to its collaborating partners.
- **ACPICR** will ensure that it contributes to the objectives of the collaboration that relate to the practice and research of physiotherapy, in keeping with standards set by the Chartered Society of Physiotherapy and the Health and Care Professions Council. ACPICR will promote the development of its members to achieve high standards of practice/research that ultimately reflect those outlined within published standards and competences and will share any information that is of benefit to its collaborating partners.
- **BACPR** will ensure that its members will contribute to the objectives of the collaboration that relate to the practice and research of all health professionals involved in the development, delivery and assessment of the evidence-based physical activity and exercise component of prevention and rehabilitation. The EIN will ensure all physical activity and exercise instruction and leadership is in keeping with national guidelines and will share any of this information that is of benefit to its collaborating partners.

This Memorandum of Collaboration shall be reviewed by the three associations every three years, and may be renewed, amended or terminated as appropriate.

#### Signatures

#### Date

BASES Chair	 Prof Zoe Knowles FBASES	28 March 2024
ACPICR Co-Chairs	 	25 March 2024
BACPR President	 Heather Probert	28 March 2024