



LAWSON
FOUNDATION

Agenda

Physical Activity Counseling and Exercise Prescription in Health Care Workshop

Wednesday, 6 June, 2018 8:30 am-4:30 pm

Location: Hampton Inn and Homewood Suites

1960 Brunswick Street, Halifax, Nova Scotia, B3J 2G7, Canada

Expert Faculty:

Dr. Victor Lun, MSc, MD, CCFP, Dip Sport Med, Clinical Assistant Professor, Department of Family Medicine, University of Calgary.

Dr. Jonathon Fowles, PhD, CSEP-CEP, CSCS, Clifford Shand Research Chair, Director, Centre of Lifestyle Studies, Professor, School of Kinesiology, Acadia University, Wolfville, Nova Scotia

This Group Learning program has been certified by the College of Family Physicians of Canada for up to 14 Mainpro+ credits

Learning Objectives:

1. Discuss the health benefits and safety of regular exercise with their patients.
2. Use physical activity as one of the vital signs when doing a clinical health evaluation
3. Provide basic PA counseling and exercise prescription for patients as part of patient care
4. Utilize motivational counseling to help patients overcome barriers for health behaviour change
5. Learn how to monitor aerobic exercise intensity and how to do basic resistance exercise

8:00 Registration opens and light refreshments

8:30 Introduction of EIMC and Self Reflections around PA counselling in clinical practice

8:45 Evidence for Exercise is Medicine – and Exercise Break!

9:45 Clinical Perspectives - outcomes of exercise in clinical practice

10:30 Break

10:50 Self-Reflections and Discussion of Barriers to Prescription of Exercise in Clinical Practice

11:00 Building competency for PA Counseling and Exercise Rx in clinical practice – Motivational Interviewing Strategies

12:30 Lunch

1:15 Aerobic Exercise prescription - Use of tools for monitoring, prescribing

2:15 Resistance Exercise Prescription – Use of tools for monitoring, prescribing

3:15 Stretch break

3:30 Issues for Exercise Rx in Clinical practice - Addressing Obesity management, medications/comorbidities,

4:00 Interactive Q& A, Post-Workshop Reflections and workshop Evaluations

4:30 Adjourn