



## AGENDA

### *Exercise Prescription in Health Care Workshop*

THIS IS A PRECONFERENCE COURSE BEING HELD IN CONJUNCTION WITH THE 2019 CASEM ANNUAL SYMPOSIUM

**Tuesday, May 14, 2019**

**6:00 pm- 8:30 pm**

**Location: Westin Bayshore, Vancouver, BC**

1601 Bayshore Drive, Vancouver V6G 2V4 Canada

Physical activity is an important and historically underutilized form of medicine. Movement and exercise are critical for people's best health and are effective as prevention and treatment in chronic disease. This 2.5-hour workshop will discuss all aspects of physical activity in health, how to most effectively engage your patients in less sedentary and more physically active lifestyles, and how to provide individualized exercise prescription.

#### **Expert Faculty:**

- 1) **Dr. Kara Solmundson**, MD, MSc, CCFP (SEM), CASEM Dip Sport Med, Clinical Instructor Department of Family Practice, University of British Columbia
  - Family Medicine and Sports + Exercise Medicine Consultant
    - Copeman Healthcare Centre
  - MSc in exercise prescription in medical education
  
- 2) **Mr. Josh Bovard**, PhD student, MSc, CSEP Certified Exercise Physiologist, EIMC-Level 2
  - PhD student, UBC
    - Dr. Rob Boushel
    - Integrative physiology and omics of exercise capacity
  - Exercise Physiologist
    - Copeman Healthcare Centre

**Target Audience:**

Primary care physicians, sports medicine health care professionals, nurse practitioners, nurses, physiotherapists, kinesiologists, athletic therapists, personal trainers and anyone interested in learning more about the critical role movement and exercise plays in health.

**Learning Objectives:**

At the end of the course, the learner will understand:

1. The harms of sedentary behaviour and physical inactivity in the development of chronic disease
2. The benefits of physical activity and exercise in cognitive, emotional and physical health
3. The difference between sedentary behaviour, physical inactivity, physical activity, cardiorespiratory exercise, strength exercise and the implications of each, on health
4. The Canadian Physical Activity Guidelines for patients of ALL ages
5. Who is “safe” to exercise, how to screen for higher risk patients and what to do about it
6. The fundamentals of providing individualized physical activity counselling and exercise prescription
7. Useful health care practitioner resources + patient resources

**Workshop Outline:**

Whether you've never prescribed exercise to your patients, or you do every day, you will benefit from this accredited course on using exercise as medicine for your patients.

The workshop is entirely evidence-based. The data covered provides participants with an up-to-date, useful framework and foundation of exercise medicine. The science is enhanced with “tips from the trenches” of clinician experience honed over a decade of trial and error of the “art” of integrating movement into patients’ lives. Group discussion and participation further enhance the learning experience for participants. These workshops typically draw a diverse group of health care practitioners and the interdisciplinary discussion is valuable to all participants and to our future shared patients.

1. **Exercise Physiology 101 – review the physiology of physical activity + pathophysiology of inactivity**
2. **Exercise Epidemiology – review the difference + health implications of sedentary behaviour, physical inactivity, physical activity, cardiorespiratory exercise + strength**
3. **Canadian Physical Activity Guidelines – what’s my patient’s best “dose” (beyond the guidelines)**
4. **Is my Patient Safe to Exercise? What you need to know**  
**\*Physical Activity Break\***
5. **Strategies Incorporating Physical Activity Counselling and Exercise Prescription into a Busy Practice**
6. **Exercise Prescription**  
**\*Physical Activity Break\***  
**\*Practical tips for a strength exercise routine for your patients\***
7. **Interactive Case Discussions**
8. **Useful Resources – for both patient + health care provider**
9. **Open Questions + Discussion**
10. **Hot Topics + Exercise Myth Busters (if time)**

*\*Participants are encouraged to wear comfortable clothing + footwear for the physical activity breaks + experiential learning portion of the workshop \**

Participants will leave with an awareness of useful resources for healthcare practitioners to support them engaging and prescribing exercise as medicine to patients, as well as resources for their patients to help support them directly in leading more physically active, healthy lives.

**This Group Learning program has been certified by the College of Family Physicians of Canada for up to 2 Mainpro+ credits**