EXERCISE IN MEDICINE

From functional evaluation to adapted exercise training

01 BENEFITS OF EXERCISE
Preventing and treating chronic diseases

02 GETTING READY TO EXERCISE
From functional evaluation to exercise prescription and implementation

03 CARDIOVASCULAR AND PULMONARY LIMITATIONS
Exercise prescription and application

04 METABOLIC AND PERIPHERAL LIMITATIONS
Exercise prescription and application

05 SPECIAL POPULATIONS AND ENVIRONMENTS
Exercise prescription and application

Future Learn
Take the first step

Welcome to our course! Meet our team of educators and experts and find out what you will be doing with us in the next 5 weeks.

Let's get physical

Exercise is medicine! Have an overview of the multiple benefits of physical activity and exercise.

Bridging the gap from clinics to sports

Keep it interdisciplinary! Have a look at the “Exercise is Medicine” initiatives and communities spread all over the world that fight for health promotion.

Synthesis

Key points of the Week 1 and a sneak preview of Week 2
WEEK 2
Breakdown

Exercising with chronic conditions
The patient’s path
Explore the importance of adapting physical activity and exercise for patients with chronic conditions.

Physical exercise evaluation and prescription
Look at the whole picture!
Learn best practices for clinical and in-field evaluation of functional capacity and how to prescribe exercise, addressing the patient’s needs.

Let’s move
The Exercise Pill in practice.
Explore how to design an exercise program following a medical prescription, considering related barriers and finding the right motivation.

Insights from experts
Deepen the topic through the eyes of our experts: prescribing endurance and strength training, supporting lifestyle changes, and promoting digital systems in telemedicine.

Synthesis
Key points of the Week 2 and a sneak preview of Week 3.
WEEK 3 Breakdown

Cardiovascular diseases
Exercise in medicine. Learn how to recognise clinical signs and symptoms, build an exercise prescription and adapt the training sessions for patients with cardiovascular limitations.

Congenital heart diseases
A closer look: the management of congenital heart diseases and how to support an active lifestyle in these patients.

Pulmonary diseases
Exercise in medicine. Learn how to recognise clinical signs and symptoms, build an exercise prescription and adapt the training sessions for patients with pulmonary limitations.

Insights from experts
Deepen the topic through the eyes of our experts: prescribing and monitoring exercise with the help of artificial intelligence and digital health applications.

Synthesis
Key points of the Week 3 and a sneak preview of Week 4.
WEEK 4
Breakdown

**Metabolic diseases**
- Exercise in medicine.
  Learn how to recognise clinical signs and symptoms, build an exercise prescription and adapt the training sessions for patients with metabolic diseases.

**Warriors**
- Exercise as a defence weapon!
  Explore how to prescribe and use the Exercise Pill for warrior patients like cancer survivors and solid organ transplant patients.

**Peripheral limitations to exercise**
- Exercise in medicine.
  Learn how to recognise clinical signs and symptoms, build an exercise prescription and adapt the training sessions for patients with peripheral limitations.

**Insights from experts**
- Deepen the topic through the eyes of our experts: adapting physical exercise and nutrition for healthy aging.

**Synthesis**
- Key points of the Week 4 and a sneak preview of Week 5.
WEEK 5
Breakdown

Pregnancy and the lifetime continuum
A lifetime commitment.
Investigate why exercise is so important at every age.

Disabilities
Going beyond the limits.
Learn how to adapt physical activity and exercise in people with disabilities.

Mental health
The body and the mind.
Explore when physical activity and exercise can be a benefit or an overdose.

The role of the environment
From the peak of the mountain to the depth of the sea.
Find out how our body reacts to different environments and if exercising in these conditions is feasible and safe for people with chronic diseases.

Putting it all together
Final wrap up and greetings.
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SCAN OR CLICK TO JOIN THE COURSE!

in collaboration with