

** Massive Open Online Course **

EXERCISE IN MEDICINE

From functional evaluation to adapted exercise training



Duration
5 weeks



Weekly study
4 hours



100% online
on FutureLearn

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



WEEK 1

Breakdown



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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