

Physical Activity Counseling and Exercise Prescription in Health Care Workshop

delivered by Exercise is Medicine Canada

This workshop may be presented in 3 variations:

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

Section A (Physical activity Counseling):

Alone (Half day – 3.5 hours of instruction; 4 hours with breaks)

Section B (Exercise Prescription):

Alone (Half day – 3.5 hours of instruction; 4 hours with break)

Sections A & B: (Physical Activity Counseling and Exercise Prescription);

Together (Full day – 6.75 hours of instruction; 8 hour day)

Full Agenda and details below.

Section A (Physical Activity Counseling in Health Care):

Learning Objectives:

Discuss the health benefits and safety of regular physical activity with patients
Use Physical activity as one of the vital signs when doing a clinical health evaluation of your patients
Provide physical activity recommendations to patients as part of regular health care visits.
Utilize motivational counseling to facilitate health behaviour change.
Help patients overcome common barriers to physical activity or exercise participation

Agenda

Self-reflection #1 & Think-Pair-Share activity (15 min)

Evidence for Physical Activity & Health (50 min)

Interactive physical activity session – 7 min workout (10 min)

Exercise Prescription Clinical Perspectives – Physician Exercise Prescription (60 min)

Break (15 min)

Self-reflections #2 and Think-Pair-Share activity (10 min)

Motivational Counselling (45 min)

Interactive Case Studies activity in groups of 3 with Observer, MD and Client (15 min)

Interactive Q & A (15 min)

Complete Self-reflection #3 to finish (5 min)

Total Learning Time = 3.75 hours including 31% of interactive learning;

Total Time with 15 min break = 4.00 hours

Section B (Exercise Prescription in Health Care):

Learning Objectives:

Discuss the health benefits and safety of regular exercise with patients
Use the “Exercise vital sign” as a part of a clinical health assessment
Provide basic exercise counseling and prescription to patients as part of health care visits
Understand how to prescribe and monitor aerobic exercise and perform basic resistance exercises
Modify exercise recommendations to address co-morbidities and common limitations

Agenda

Self-reflection 1#2 & Think-Pair-Share (15 min) (not required when Sections A&B presented together)

Brief Evidence review (Required when this section presented alone; not presented when Sections A & B presented in same full-day workshop: (this would be 45 min lunch break in full day workshop)

Evidence for Physical Activity & Health (15 min)

Exercise Prescription Clinical Perspectives – Physician Exercise Prescription (15 min)

Monitor & Prescribe Physical Activity: Exercise Vital Sign, PA trackers, (15 min)

Interactive step prescription (15 min)

Monitor & Prescribe Aerobic Exercise: Heart Rate, Rate of Perceived Exertion, VO2 (30 min)

Break (15 min)

Resistance Exercise Evidence, Application to chronic disease (30 min)

Interactive Resistance Prescription and Monitoring (30 min)

Exercise Management of Comorbidities including Obesity, Diabetes, Musculoskeletal (30 min)

Interactive Q & A (15 min)

Self-reflection #3 & Think Pair Share to close (15 min)

Total Learning Time = 3.75 hours (215 min) including 38% of interactive learning;

Total Time with 15 min break = 4.00 hours

Section A & B (Full-day workshop)

Learning Objectives:

Discuss the health benefits and safety of regular physical activity and exercise with patients
Use physical activity as one of the vital signs when doing a clinical health evaluation
Provide basic physical activity counseling and exercise prescription to patients as part of regular health care visits
Utilize motivational counseling and help patients overcome barriers for health behaviour change.
Understand how to monitor aerobic exercise intensity and perform basic resistance exercises

Agenda

Section A (Physical Activity Counseling in Health Care):

Self-reflection #1 & Think-Pair-Share activity (15 min)

Evidence for Physical Activity & Health (50 min)

Brief Interactive physical activity session – 7 min workout (10 min)

Exercise Prescription Clinical Perspectives – Physician Exercise Prescription (60 min)

Nutrition break (30 min)

Self-reflections #2 and Think-Pair-Share activity (15 min)

Motivational Counselling (45 min)

Interactive Case Studies activity in groups of 3 with Observer, MD and Client (15 min)

Interactive Q & A (15 min)

Lunch Break – 45 min

Section B (Exercise Prescription in Health Care):

Monitor & Prescribe Physical Activity: Exercise Vital Sign, PA trackers, (15 min)

Interactive step prescription (15 min)

Monitor & Prescribe Aerobic Exercise: Heart Rate, Rate of Perceived Exertion, VO₂ (30 min)

Resistance Exercise Evidence, Application to chronic disease (30 min)

Interactive Resistance Prescription and Monitoring (30 min)

Exercise Management of Comorbidities including Obesity, Diabetes, Musculoskeletal (30 min)

Interactive Q & A (15 min)

Self-reflection # 3 & Think Pair Share to close (15 min)

Total Learning Time = 6.75 hours (420 min) including 35% of interactive learning; Total Time with 1.25 h break = 8.00 hours