

## Exercise Prescription Course For Primary Care Physicians & Clinical Fitness Professionals

July 18-19, 2019 / 28/F Medical Plaza Ortigas, San Miguel Avenue, Ortigas Center, Pasig City

<b>PROGRAM For PRIMARY CARE PHYSICIANS</b>		
<b>Day 1 – July 18, 2019, Thursday</b>		
Time	Topic	Lecturer
8:00 - 8:40 am	Registration and pre-test	
8:40 - 8:50	Introduction to Exercise Is Medicine Philippines	Prof. Hercules P. Callanta
8:50 – 9:10	Benefits of Exercise	Prof. Hercules P. Callanta
9:10 – 9:40	Pre-participation Screening and Risk Assessment	Dr. Alejandro V. Pineda, Jr.
9:40 -10:10	Principles of Exercise Prescription	Dr. Roberto C. Mirasol
10:10 – 10:20	AM SNACKS	
10:20 – 11:00	Exercise and Motivation	Prof. Hercules P. Callanta
11:00 – 11:45	Panel Discussion	
11:45 – 1:00	L U N C H	
1:00 – 1:45 pm	Exercise Practicum	Prof. Hercules P. Callanta
1:45 – 2:30	Exercise Prescription in Cardiovascular Conditions and Dyslipidaemia	Dr. Alejandro V. Pineda, Jr.
2:30 – 3:15	Exercise in Diabetes and Obesity	Dr. Roberto C. Mirasol
3:15 – 3:40	PM SNACKS	
3:40 – 4:10	Exercise in Osteoporosis and Osteoarthritis	Dr. Roberto C. Mirasol
4:10 – 4:40	Exercise in Asthma	Dr. Alejandro V. Pineda, Jr.
4:400 – 5:00	REVIEW	
5:00 – 6:00	Written Exam (MCQ Assessment)	
6:00 – 6:30 pm	Closing Ceremonies Distribution of Certificate of Attendance	
<b>PROGRAM For CLINICAL FITNESS PROFESSIONALS</b>		
<b>Day 1 – July 18, 2019, Thursday</b>		
Time	Topic	Lecturer
8:00 - 8:40 am	Registration and Pre-test	
8:40 - 8:50	Introduction to Exercise Is Medicine Philippines	Prof. Hercules P. Callanta
8:50 – 9:10	Benefits of Exercise	Prof. Hercules P. Callanta
9:10 – 9:40	Pre-participation Screening and Risk Assessment	Dr. Alejandro V. Pineda, Jr.
9:40 -10:10	Principles of Exercise Prescription	Dr. Roberto C. Mirasol
10:10 – 10:20	AM SNACKS	
10:20 – 11:00	Exercise and Motivation	Prof. Hercules P. Callanta
11:00 – 11:45	Panel Discussion	
11:45 – 1:00	L U N C H	
1:00 – 2:00 pm	Exercise in Patients with Cardiac Disease and Dyslipidaemia	Prof. Marla Frances Mallari
2:00 – 2:30	Exercise in Diabetes and Metabolic Syndrome	Prof. Hercules P. Callanta
2:30 – 3:30	Exercise in Diabetes and Obesity	Prof. Marla Frances Mallari
3:30 – 4:00	PM SNACKS	
4:00 – 5:00	Case Studies	Prof. Marla Frances Mallari
<b>Day 2 – July 19, 2019, Friday</b>		
8:30 – 9:00 am	Registration	
9:00 – 11:00	Gym Exposure and Practicum	Prof. Marla Frances Mallari
11:00 – 12:00	Exercise and Arthritis	
12:00 – 1:00 pm	LUNCH	
1:00 – 2:00	Exercise in Asthma	Prof. Hercules P. Callanta
2:00 – 3:30	Exercise in Hypertension	Prof. Marla Frances Mallari
3:30 – 4:00	PM SNACKS	
4:00 – 5:00	Written Examination (MCQ Assessment)	
5:00 – 5:30	Closing Ceremonies Distribution of Certificate of Attendance	