

# Exercise Is Medicine Philippines

What : EXERCISE PRESCRIPTION COURSE

Where: Luxent Hotel 51 Timog Avenue, South Triangle, Quezon City, Metro Manila

## PROGRAM FOR PRIMARY CARE PHYSICIANS

Date: AUGUST 10, 2018

Schedule	Topic	Lecturer
8:00am - 8:40am	Registration and Pre-test	
8:40am - 8:50am	Introduction to Exercise Is Medicine Philippines	Prof. Hercules Callanta
8:50am - 9:10am	Benefits of Exercise	Prof. Hercules Callanta
9:10am - 9:40am	Pre-participation Screening and Risk Assessment	Dr. Alejandro Pineda Jr.
9:40am - 10:10am	Principles of Exercise Prescription	Dr. Sheila Lim
10:10am - 10:20am	<b>AM SNACKS</b>	
10:20am - 11:00am	Exercise and Motivation	Dr. Ed Tolentino
11:00am - 11:45am	<b>Panel Discussion</b>	
11:45am - 1:00pm	<b>LUNCH</b>	
1:00pm - 1:45pm	Exercise Practicum	Prof. Hercules Callanta
1:45pm - 2:30pm	Exercise Prescription in Cardiovascular Conditions and Dyslipidemia	Dr. Alejandro Pineda Jr.
2:30pm - 3:15pm	Exercise in Diabetes and Obesity	Dr. Sheila Lim
3:15pm - 3:40pm	<b>PM SNACKS</b>	
3:40pm - 4:10pm	Exercise in Osteoporosis and Osteoarthritis	Dr. Sheila Lim
4:10pm - 4:40pm	Exercise in Asthma	Dr. Alejandro Pineda Jr.
4:40pm - 5:00pm	<b>REVIEW</b>	
5:00pm - 6:00pm	Written Exam (MCQ Assessment)	
6:00pm - 6:30pm	Closing Ceremonies Distribution of Certificate of Attendance	

## PROGRAM FOR CLINICAL FITNESS PROFESSIONALS

Day 1 - August 10, 2018

8:00am - 8:40am	Registration and Pre-test	
8:40am - 8:50am	Introduction to Exercise Is Medicine Philippines	Prof. Hercules Callanta
8:50am - 9:10am	Benefits of Exercise	Prof. Hercules Callanta
9:10am - 9:40am	Pre-participation Screening and Risk Assessment	Dr. Alejandro Pineda Jr.
9:40am - 10:10am	Principles of Exercise Prescription	Dr. Sheila Lim
10:10am - 10:20am	<b>AM SNACKS</b>	
10:20am - 11:00am	Exercise and Motivation	Dr. Ed Tolentino
11:00am - 11:45am	<b>Panel Discussion</b>	
11:45am - 1:00pm	<b>LUNCH</b>	
1:00pm - 2:00pm	Exercise in Patients with Cardiac Disease and Dyslipidemia	Prof. Marla Cuervo
2:00pm - 2:30pm	Exercise and Diabetes	Prof. Hercules Callanta
2:30pm - 3:30pm	Exercise in Obesity and Metabolic Syndrome	Prof. Marla Cuervo
3:30pm - 4:00pm	<b>PM SNACKS</b>	
4:00pm - 5:00pm	Case Studies	Prof. Marla Cuervo

Day 2 - August 11, 2018

8:30am - 9:00am	Registration	
9:00am - 11:00am	Gym Exposure and Practicum	
11:00am - 12:00nn	Exercise in Arthritis	Prof. Marla Cuervo
12:00nn - 1:00pm	<b>LUNCH</b>	
1:00pm - 2:00pm	Exercise in Asthma	Prof. Hercules Callanta
2:00pm - 3:30pm	Exercise in Hypertension	Prof. Marla Cuervo
3:30pm - 4:00pm	<b>PM SNACKS</b>	
4:00pm - 5:00pm	Written Examination (MCQ Assessment)	
5:00pm - 5:30pm	Closing Ceremonies Distribution of Certificate of Attendance	