

WORKSHOP

EXERCISE PRESCRIPTION: IN SICKNESS & IN HEALTH

DATE & TIME

November 18th; 15:00 – 19:00

LOCATION

Edifício Egas Moniz

Faculdade de Medicina da Universidade de Lisboa

Avenida Professor Egas Moniz, 1649-028 Lisboa – Portugal

> [Location](#) on Google Maps®

SPEAKER

Alberto de Sousa Prata, MD

Sports Medicine Resident

Post Graduate in Sports Medicine

Department of Sports Medicine

Centro de Medicina Desportiva de Lisboa, IPDJ IP

DURATION

4h

MAXIMUM PARTICIPANTS

50 participants

PRICE

30€ per participant

LANGUAGE

English; Portuguese optional if all participants agree

THEMES & CONTENT

Physical inactivity accounts as the 4th mortality risk factor, accounting for 5.5% of all deaths around the world. It is a Major Risk factor for cardiovascular disease, diabetes mellitus, hypertension, obesity and some cancers, both in men and women, from all ages. As such, it is fundamental that all doctors have some basic knowledge of Exercise Prescription, as it is one of the most powerful preventive and treating tools available.

This course's objective is the theoretical approach of the exercise prescription and its applicability in the clinical setting. To achieve that, there will be clinical cases being discussed -healthy individuals and those with common pathologies found in current practice.

GOALS

In the end of the course, the participants shall be able to formulate exercise prescriptions to the following populations:

- > Healthy adult
- > Hypertension
- > Diabetes mellitus
- > Overweight and obese
- > Osteoarthritis
- > Osteoporosis