

## **Free online course from TCD – Starts June 6<sup>th</sup>, 2016 – sign up now**

<https://www.futurelearn.com/courses/exercise-prescription/2>

**Exercise prescription for the prevention and treatment of disease** -Learn how physical exercise can help patients including those with cardiovascular disease, mental health problems and cancer..... including older persons

**Over two weeks (4 hours PW)** discover the benefits of exercise in both preventing and treating diseases and enhance your confidence in exercise prescription as a treatment.

- Week 1: Explore research on the benefits of physical activity; the evidence that has informed exercise prescription guidelines and safety considerations.
- Week 2: Learn how physiological adaptations to exercise translate to improved health outcomes and the evidence that supports exercise prescription in several common clinical populations.

**Learn with physiology and physiotherapy experts** Throughout the course there will be an opportunity to engage with researchers, healthcare professionals and exercise prescription experts from the [Discipline of Physiotherapy](#) at Trinity College Dublin.

**Target participants** This course is designed for healthcare professionals who wish to broaden their understanding of exercise prescription and physical activity as a tool to prevent and treat disease. No previous experience or qualifications are required.