

# Promotion and Prescription of Physical Activity and Exercise

Physical inactivity is responsible for the growing epidemic of obesity and health-related conditions. Physiotherapists play a critical role in promoting and prescribing physical activity in all age groups and are ideally placed to prescribe exercise for those with chronic health conditions, and to those wanting to return to recreational activity or competitive sport following injury.

*A course covering the promotion and assessment of physical activity levels, exercise testing and ways to effectively prescribe physical activity and exercise for individuals ranging from inactive to those involved in competitive sports.*

Presented by:

**Dr Grant Mawston and Dr Peter McNair**

**Date (Time):** Saturday 12<sup>th</sup> October 2019 (9am – 4pm)  
Sunday 13<sup>th</sup> October 2019 (9am – 4pm)  
**Location:** School of Physiotherapy, University of Otago, Dunedin

325 Great King Street,  
North Dunedin 9016

[Click for Google map](#)

**Cost:**

SEPNZ members	\$425
PNZ members	\$510
Non-PNZ members	\$640

Cost includes morning and afternoon teas, lunch on both days and course manual.



## This course is suitable for:



Physiotherapists wanting to improve their knowledge and skills in assessment and prescription of physical activity and exercise to use with patients on a daily basis. This course provides a bridge to Level 2 SPNZ courses and important background information for those considering university postgraduate study.

## What the course will cover:

The course will provide a combination of lectures, practical demonstrations, practical assessments and case studies and will cover the following topics:

- Principles of exercise prescription
- Promotion and assessment of physical activity
- Assessment of neuromuscular performance
- Aerobic and functional capacity testing
- Strategies to enhance exercise adherence
- Screening for return to sport
- Exercise risk screening and goal setting
- Physiological effects of disuse and ageing



## To Register:

**NOTE: Registration will be limited to the first 26 paid registrants**

Online registration via Physiotherapy New Zealand