

Fellowship in Preventative Medicine, Nutrition and Sports Medicine

Course Learning Objectives

1. Learn the preventative medicine, nutrition and sports medicine protocols for the treatment, care and prevention of over 65 different diseases, disabilities and disorders.
2. Learn precise, safe, effective and specifically targeted exercise and nutrition prescriptions that will improve virtually all health and medical markers by 100% or more; including: Cholesterol, CDL, HDL, Blood Pressure, Blood Glucose Tolerance, Aerobic Capacity and more.
3. Learn precise, safe, effective and specifically targeted exercise and nutrition prescriptions that will rejuvenate your patients' physiological age by 20 years or more in as little as 8 weeks (for your inactive 40+ year old patients).
4. Learn to prescribe exercise tests and prescriptions for patients suffering from one or multiple conditions.
5. Learn to apply preventative medicine, nutrition, sports medicine and exercise prescription, programming and protocols into your medical practice.
6. Learn real-life case reports featuring actual patients' symptoms, medical histories, lab results, and exercise test scores as well as the actual exercise programming and results.
7. Learn the effects of commonly used drugs, the effects of cardiovascular and respiratory drugs on exercise capacity as well as the effects of non-cardiovascular and non-respiratory drugs on exercise.

Course Learning Outcomes

1. Learn the ten "IFPA Components of Fitness" and how the degeneration of these Components of Fitness leads to disease, disability and dysfunction.
2. Learn preventative medicine, nutrition, sports medicine and exercise prescription, exercise access and testing protocols, exercise management and drug interactions, exercise dose-response, risk, cost and benefits of exercise prescriptions for Cardiovascular Disease.
3. Learn preventative medicine, nutrition, sports medicine and exercise prescription, exercise access and testing protocols, exercise management and drug interactions, exercise dose-response, risk, cost and benefits of exercise prescriptions for Pulmonary disease.
4. Learn preventative medicine, nutrition, sports medicine and exercise prescription, exercise access and testing protocols, exercise management and drug interactions, exercise dose-response, risk, cost and benefits of exercise prescriptions for Metabolic Disease.
5. Learn preventative medicine, nutrition, sports medicine and exercise prescription, exercise access and testing protocols, exercise management and drug interactions, exercise dose-response, risk, cost and benefits of exercise prescriptions for Immunological/Hematological Disorder.

6. Learn preventative medicine, nutrition, sports medicine and exercise prescription, exercise access and testing protocols, exercise management and drug interactions, exercise dose-response, risk, cost and benefits of exercise prescriptions for Orthopedic Disease and Disabilities.
7. Learn preventative medicine, nutrition, sports medicine and exercise prescription, exercise access and testing protocols, exercise management and drug interactions, exercise dose-response, risk, cost and benefits of exercise prescriptions for Neuromuscular Disease.
8. Learn preventative medicine, nutrition, sports medicine and exercise prescription, exercise access and testing protocols, exercise management and drug interactions, exercise dose-response, risk, cost and benefits of exercise prescriptions for Cognitive, Psychological and Sensory Disease.

Course Goals

1. Learn preventative medicine, nutrition, sports medicine and exercise prescription, exercise access and testing protocols, exercise management and drug interactions, exercise dose-response, risk, cost and benefits of exercise prescriptions for Cardiovascular Diseases: Myocardial Infarction, Coronary Artery Bypass Graft Surgery and Percutaneous Transluminal Coronary Angioplasty, Angina and Silent Ischemia, Atrial Fibrillation, Pacemakers and Implantable Cardioverter Defibrillators, Valvular Heart Disease, Chronic Heart Failure, Cardiac Transplant, Hypertension, Peripheral Arterial Disease, and Aneurysms.
2. Learn preventative medicine, nutrition, sports medicine and exercise prescription, exercise access and testing protocols, exercise management and drug interactions, exercise dose-response, risk, cost and benefits of exercise prescriptions for Pulmonary Diseases: Chronic Obstructive Pulmonary Disease, Chronic Restrictive Pulmonary Disease, Asthma, Cystic Fibrosis, and Lung and Heart-Lung Transplantation.
3. Learn preventative medicine, nutrition, sports medicine and exercise prescription, exercise access and testing protocols, exercise management and drug interactions, exercise dose-response, risk, cost and benefits of exercise prescriptions for Metabolic Diseases: End-Stage Metabolic Disease (Renal Failure and Liver Failure), Diabetes, Hyperlipidemia, Obesity, Fragility.
4. Learn preventative medicine, nutrition, sports medicine and exercise prescription, exercise access and testing protocols, exercise management and drug interactions, exercise dose-response, risk, cost and benefits of exercise prescriptions for Immunological/Hematological Disorders: Cancer, Acquired Immune Deficiency Syndrome (AIDS), Abdominal Organ Transplant (Kidney, Liver, Pancreas), Chronic Fatigue Syndrome, Fibromyalgia, Anemia, Bleeding and Clotting Disorders.
5. Learn preventative medicine, nutrition, sports medicine and exercise prescription, exercise access and testing protocols, exercise management and drug interactions, exercise dose-response, risk, cost and benefits of exercise prescriptions for Orthopedic Diseases and Disabilities: Arthritis, Lower Back Pain Syndrome, Osteoporosis, and Lower-Limb Amputation.
6. Learn preventative medicine, nutrition, sports medicine and exercise prescription, exercise access and testing protocols, exercise management and drug interactions, exercise dose-

response, risk, cost and benefits of exercise prescriptions for Neuromuscular Disorders: Stroke and Brain Injury, Muscular Dystrophy, Epilepsy, Multiple Sclerosis, Polio and Post-Polio Syndrome, Cerebral Palsy, and Parkinson's disease.

7. Learn preventative medicine, nutrition, sports medicine and exercise prescription, exercise access and testing protocols, exercise management and drug interactions, exercise dose-response, risk, cost and benefits of exercise prescriptions for Cognitive, Psychological and Sensory Disorders: Mental Retardation, Alzheimer's disease, Mental Illness, Deaf and Hard-of-Hearing, and Visual Impairment.