

** Massive Open Online Course **

EXERCISE IN MEDICINE

From functional evaluation to adapted exercise training



Duration
5 weeks



Weekly study
4 hours



100% online
on FutureLearn

01

BENEFITS OF EXERCISE

Preventing and treating chronic diseases



02

GETTING READY TO EXERCISE

From functional evaluation to exercise prescription and implementation

03

CARDIOVASCULAR AND PULMONARY LIMITATIONS

Exercise prescription and application



04

METABOLIC AND PERIPHERAL LIMITATIONS

Exercise prescription and application

05

SPECIAL POPULATIONS AND ENVIRONMENTS

Exercise prescription and application



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to adapted exercise training

SCAN OR CLICK TO
JOIN THE COURSE!



ExeRcise
is Medicine®
Italy



UNIVERSITÀ
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EUROPEAN INITIATIVE FOR
EXERCISE IN MEDICINE
MEDICINE MEETS EXERCISE
AND HEALTH PROMOTION

