



The Hong Kong Medical Association Community Network Exercise Prescription Certificate Courses



衛生署

Department of Health

Co-organised by:

The Hong Kong Medical Association and Department of Health

The Hong Kong Medical Association (HKMA) and the Department of Health (DH), with the support from Physical Fitness Association of Hong Kong, China (HKPFA) and the Hong Kong Physiotherapy Association (HKPA), are co-organising series of Exercise Prescription Courses in various districts. Details are below. Medical practitioners interested or practising in primary care are encouraged to register. Please complete and return the reply slip overleaf.

Course description

Lecture 1: Understanding Basic Concepts on Exercise and Handling Exercise Risks

(Speaker: Prof. IP Wing Yuk, HKMA)

This session would begin with introducing some basic knowledge on exercise physiology and basic components of a single exercise session, follow by covering some commonly used screening tools to identify risk factors for adverse exercise-related events and briefly touch up on the clinical pathway of stratifying clients into different risk categories so as to facilitate a safe and tailored exercise prescription to every client. Measures to prevent exercise-related adverse events would also be discussed. Towards the end of the session, global recommendations on physical activity for health would be reviewed.

Lecture 2: Principles and Frameworks for Exercise Prescription

(Speaker: Representative from HKPFA)

The session would introduce the dosage and types of physical activity to be prescribed for healthy adults and older adults. It would have an in-depth discussion on principles of prescribing aerobic physical activity, in particular the FITT (Frequency, Intensity, Time, Type) principle. Assessments on the intensity of physical activity, including the different methods of assessing intensity and the scheme of classifying an activity as light, moderate or vigorous, would be discussed. Towards the end of the session, participants would learn about different types of exercises and the sequence of progression of physical activity. Practical examples of aerobic physical activity would be demonstrated.

Lecture 3: Practical Tips for Constructing a Progressive Stretching and Resistance Training Programme

(Speaker: Representative from HKPFA)

In this session, speaker would have an in-depth discussion on principles of prescribing resistance and flexibility training, in particular the FITT (Frequency, Intensity, Time, Type) principle. Common options of resistance exercise for training various body parts, as well as the different types of stretching exercise, would also be demonstrated. Practical tips for constructing a progressive stretching and resistance training programme to exercise beginners would also be given.

Lecture 4: Exercise Prescription for Persons with Special Needs and Motivating Your Clients

(Speaker: Representative from HKPA)

In this session, speaker would highlight the exercise prescription guidelines for those with special needs (e.g. patients with diabetes mellitus, hypertension, overweight, heart disease, osteoarthritis and osteoporosis). Doctors would have opportunities to participate in role play, clinical case study and exercise demonstration actively.

Practicum – A refresher workshop (Optional)

(Speakers: Representatives from HKPFA and HKPA)

This last but optional session is operated as a 3-hour workshop scheduled in a Saturday / Sunday afternoon. Holding in gymnasium or other venues with relevant facilities provided, attended doctors would have the opportunity to (1) refresh what they have learnt in the previous four lectures and (2) learn the exact ways to teach their clients to perform the prescribed exercise appropriately. Areas highlighted would include cardio health/fitness, muscular health/fitness as well as exercise training for people with special needs.



- Fee** : Free-of-charge
- Capacity** : All doctors are welcome. Priority will be given to HKMA members and doctors in DH's Primary Care Directory practising in respective specified cluster till **22 Aug 2014 (Friday)**. Registration is on a **first come, first served** basis and confirmation is required. **Walk-in will not be accepted.**
- CME Accreditation** : 2 pts. per lecture (MCHK/HKMA) and 3 pts. for practicum. Accreditation from various colleges is pending.
- Certification** : A "certificate of attendance" would be awarded to participants with 75% or more attendance at lectures (i.e. 3 out of the 4 lectures); A "certificate of achievement" would be awarded to those who attended the practicum as well.
- Informal Quiz** : Informal quizzes would be conducted by the end of the lectures and practicum for self-reflection purpose.
- Enquiry** : Miss Joey LEE, Tel: 2527 8452

Supporting organisations:

 **中國香港體適能總會** and
Physical Fitness Association of Hong Kong, China



Lecture

REPLY SLIP⁺

Fax to: 2865 0943

HKMA Cluster	Location	Date 1:30 – 3:30 pm	Speaker	Please rank (1-3 in order of preference) Note: you will only be registered for one cluster
Shatin	Jasmine Room 2/F. Royal Park Hotel 8 Pak Hok Ting Street Shatin	3 Sept 2014 (Wed)	Prof. IP Wing Yuk	
		10 Sept 2014 (Wed)	Prof. Stanley S.C. HUI / Mr. Sam W.S. WONG	
		17 Sept 2014 (Wed)	Mr. Sam W.S. WONG and PFA instructors	
		24 Sept 2014 (Wed)	Mr. Eyckle WONG	
New Territories (NT) West	Plentiful Delight Banquet 1/F, Ho Shun Tai Building 10 Sai Ching Street Yuen Long	9 Oct 2014 (Thurs)	Prof. IP Wing Yuk	
		16 Oct 2014 (Thurs)	Prof. Stanley S.C. HUI / Mr. Sam W.S. WONG	
		23 Oct 2014 (Thurs)	Mr. Sam W.S. WONG and PFA instructors	
		30 Oct 2014 (Thurs)	Ms. Jenny NG	
Kowloon East	Lei Garden Shop No. L5-8, APM No. 418 Kwun Tong Road Kowloon	27 Nov 2014 (Thurs)	Prof. IP Wing Yuk	
		4 Dec 2014 (Thurs)	Prof. Stanley S.C. HUI / Mr. Sam W.S. WONG	
		11 Dec 2014 (Thurs)	Mr. Sam W.S. WONG and PFA instructors	
		18 Dec 2014 (Thurs)	Ms. Joey CHENG	

(Remarks: The practicum session is targeted for 2012 and 2014 participants of the Exercise Prescription Certificate Course. It will be held in the first half of 2015. Details of registration will be announced later.)

Practising location: (*Note: Prior registration and confirmation is required. Walk-in will not be accepted.)

Please if appropriate.

<input type="checkbox"/> In Shatin	(Please specify *:)
<input type="checkbox"/> In NT West	(Please specify *:)
<input type="checkbox"/> In Kowloon East	(Please specify *:)
<input type="checkbox"/> Others	(Please specify *:)

* Null entry will be treated as not practising in the respective specified cluster.

Name (in FULL in English):	Are you a HKMA member?	
	<input type="checkbox"/> Yes, my Membership No. is _____ <input type="checkbox"/> No, my MCHK Registration No. is M _____	
Mailing Address:	Enrolled in DH's Primary Care Directory? <input type="checkbox"/> Yes <input type="checkbox"/> No	
	Mobile Phone No.: _____ Fax no.: _____ (Mandatory for emergency contact or SMS)	
	Signature:	Date:
Email Address:		



基層醫療
PRIMARY CARE

*Personal data collected will be used and processed for the purposes related to this event only.

