

\* 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



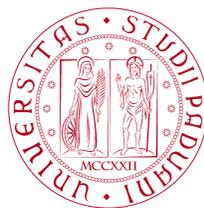
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