BASEM Revision Course for FSEM

Diploma in Exercise Medicine

SAMPLE PROGRAMME

Time	Topic
8.45am	COURSE LOG-IN & REGISTRATION
9.15am	Introduction to exam, exam format
9.50am	Physical Activity guidelines and epidemiology
10.30am	Physiology of Exercise and Nutrition in health and disease
11.30pm	Breakout out: • Special Group and Considerations • People living with disability • Pregnancy / post-partum • Children & young people and Elderly
12.30pm	**LUNCH**
1.15pm	Physical Activity in Long Term Conditions
2.00pm	Behaviour change theories
2.45pm	Risk and Contraindications
3.30pm	Systems Approach
4.15pm	Q&A
5.00pm	**FINISH**