

LAKESIDE CHIROPRACTIC SEMINARS, Inc.

16511-B Northcross Dr. Huntersville, NC 28078

Phone (704) 892-4966 Toll Free (877)553-4455

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Exercise Prescription for the Average Patient

Only a few Doctors of Chiropractic work with nationally ranked, Olympic or professional athletes. Everyone else deals primarily with the average Jack and Jill for whom proper exercise is a mystery. This course is designed to assist the practitioner in prescribing exercise for the average patient population through procedures that can be performed in any office.

- I. The basic facts of exercise physiology.
- II. Exercise fallacies
- III. Types of Fitness and their Modes of Exercise
- IV. Preexercise assessment
 - A. Goals/Needs
 - B. Questionnaires
 - C. Physical Exam
 - D. In office Tests and Measures
 - E. Limitations and Contraindications to Participation
- V. Flexibility
 - A. Goals/Needs
 - B. Warm-up
 - C. Types of Stretching
- VI. Cardiopulmonary Endurance
 - A. Goals/Needs
 - B. Modes of Exercise
 - C. Exercise Frequency and Rest
 - D. Exercise Duration
 - E. Exercise Intensity
- VII. Muscular Endurance
 - A. Goals/Needs
 - B. Modes of exercise
 - C. Exercise Frequency and Rest
 - D. Exercise Order
 - E. Volume (Sets, Reps and Loads)

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VIII. Muscular Strength and Power

- A. Goals/Needs
- B. Modes of Exercise
- C. Exercise Frequency and Rest
- D. Exercise Order
- E. Volume (Sets, Reps, Loads)
- F. Resistance Training Systems

IX. Additional Considerations

- A. Age
- B. Gender
- C. Rules
- D. Special Populations

X. Exercise Prescription

- A. Flexibility
- B. Cardiopulmonary Endurance
- C. Muscular Endurance
- D. Muscular Strength and Power

XI. Injury Prevention

- A. Four Key steps