

## COURSE FACULTY

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**AB 1195 Statement:** This activity is in compliance with **California Assembly Bill 1195** which requires continuing medical education activities with patient care components to include curriculum in the subjects of cultural and linguistic competency. For specific information regarding Bill 1195 and definitions of cultural and linguistic competency, please visit the CME web site at [www.cme.uci.edu](http://www.cme.uci.edu).

## PURPOSE

To inform physicians, health care and exercise practitioners of the critical pediatric exercise issues in healthy children and children with disease. Exercise and fitness testing procedures will be presented to assist in the evaluation of children.

## TARGET AUDIENCE

**Pediatricians, Primary Care Physicians, Nurse Practitioners, Nurses, Physical/Occupational Therapists, Kinesiologists, Physical Health Educators, Coaches and other Health Care Professionals interested in children's health.**

## OBJECTIVES

**Increase use of exercise testing methods and evaluate benefits and drawbacks of various methods.**

**Increase use of physical activity assessment and body composition techniques and evaluate benefits and drawbacks of each method.**

**Recognize and evaluate critical period of growth and development and describe the healthy options for physical activity (type, duration, frequency and intensity) during these periods.**

**Increase ability to identify common pediatric diseases that may benefit from exercises and nutritional considerations.**

**Decrease risks and complications by early intervention and treatment for competitive athletes with medical conditions.**

**Accreditation Statement:** The University of California, Irvine School of Medicine is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

**Designation:** The University of California, Irvine School of Medicine designates this educational activity for a maximum of 18.5 AMA PRA Category 1 Credit(s)™. Physicians should only claim credit commensurate with the extent of their participation in the activity.

**Disclosure:** It is the policy of the University of California, Irvine School of Medicine and the University of California CME Consortium to ensure balance, independence, objectivity and scientific rigor in all CME activities.



**Pediatric Exercise Research Center  
University of California, Irvine**

PRESENT

# A Guide to Children's Exercise in Health and Disease

**January 24-26, 2008**

**An 18.5 Credit CME Practicum**

Ms. Marty Albright  
UCIMC  
101 The City Drive  
Building 25  
Orange, CA 92868-4094

**THURSDAY, JANUARY 24, 2008**

**REGISTRATION AND WELCOME**  
7:30 AM - 8:30 AM

**MORNING SEMINARS**  
8:30 AM - 12:15 PM

A Time for Action

Growth and Development of the  
Cardiorespiratory Response to Exercise

Basics of the Gas Exchange Response to  
Exercise in Children (Peak VO<sub>2</sub>, AT, etc.)

**BREAK**

Basics—Types of Exercise Testing in Children

Nutritional Aspects of Pediatric Exercise

An Introduction to Exercise Behavior Issues in  
Children and Adolescents

**LUNCH WITH FACULTY**  
12:15 - 1:00 PM

**AFTERNOON WORKSHOPS**  
Participants will rotate through all 4  
workshops over 2 days  
1:00 PM - 3:00 PM

**Workshop 1**  
In-Laboratory Exercise Testing in Children

**Workshop 2**  
Field and Office Testing in Children

**BREAK**

**SMALL GROUP CASE PRESENTATIONS  
WITH FACULTY**  
3:30 - 5:00 PM

**ADA Statement:** In compliance with Americans with  
Disabilities Act, we will make every reasonable effort to  
accommodate your needs. For any special requests, please  
call (714) 456 - 2317 before January 10, 2008.

**FRIDAY, JANUARY 25, 2008**

**MORNING SEMINARS**  
8:30AM - 12:15 PM

The Obesity Epidemic—An Overview

Obesity and Exercise in Children and  
Adolescents

Exercise and Diabetes in Children

**BREAK**

An Introduction to Teaching Physical Education  
in Schools

Exercise and Pediatric Heart Disease

Exercise and the Child with Disabilities

**LUNCH WITH FACULTY**  
12:15 - 1:00 PM

**AFTERNOON WORKSHOPS**  
1:00 PM - 3:00 PM

**Workshop 3**  
Assessment of Body Composition in Children

**Workshop 4**  
Asthma Challenge and Pulmonary Function  
Testing in Children

**BREAK**

**SMALL GROUP CASE PRESENTATIONS  
WITH FACULTY**  
3:30 PM - 5:00 PM

For more information about the Pediatric  
Exercise Research Center, please visit our  
website at [www.gcrc.uci.edu/perc](http://www.gcrc.uci.edu/perc)

Email inquiries should be addressed to  
Cathy Killaly at [ckillaly@uci.edu](mailto:ckillaly@uci.edu)

**SATURDAY, JANUARY 26, 2008**

**MORNING SEMINARS**  
8:30 AM - 12:15 PM

Exercise, Bone Mineralization, and Regulation  
of Puberty in Exercising Children and  
Adolescents

Dangers of Excessive Training in Health and  
Disease—The Overtraining Syndrome

Pediatric Morbidity Associated with Exercise in  
Children and Adolescents

**BREAK**

Performance Enhancing Drugs in Children

Basics—Exercise and Asthma

Writing an Exercise Prescription for Children in  
Health and Disease

**LUNCH WITH FACULTY**  
12:15 PM - 1:00 PM

**TEST AND DISCUSSION**  
1:00 PM - 2:00 PM

**DIPLOMA CEREMONY**  
2:00 PM - 2:30 PM

**Consider bringing your family along to  
Southern California for a vacation!**

**Nearby attractions include:**

Catalina Island  
Crystal Cove State Beach, Newport Coast  
Disneyland, Anaheim  
Knott's Berry Farm, Buena Park  
Laguna Beach  
Legoland, Carlsbad  
Newport Beach  
San Diego Zoo, San Diego  
Sea World, San Diego  
Universal Studios, Hollywood

**A Guide to Children's Exercise in  
Health and Disease**

UC Irvine School of Medicine  
Irvine, California

**REGISTRATION FORM**

(PLEASE PRINT)

Name: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_ Zip \_\_\_\_\_

Home Phone: ( ) \_\_\_\_\_

Office Phone: ( ) \_\_\_\_\_

Email address: \_\_\_\_\_

Highest Earned Degree: \_\_\_\_\_

Professional Affiliation: \_\_\_\_\_

**For CME Credit, please provide one of the  
following:**

Medical License: \_\_\_\_\_

Nursing License: \_\_\_\_\_

Last 5 Digits of SS#: \_\_\_\_\_

**Fee: \$300, payable upon registration.  
Partial scholarships available for students.  
Enrollment is limited to 30 participants.**

Pay by credit card and register via phone at  
(714) 456-2317

OR

Mail completed form and check payable to  
**UC Regents** to address below:

Ms. Marty Albright  
UCIMC  
101 The City Drive,  
Building 25  
Orange, California 92868-4094