Brief description (200 words or less of course details):

The goal of this elective is to educate medical students on the role that physical activity plays in medicine. There is a current movement among physicians to make exercise included as a vital sign. Physical activity has been proven to have physiological, psychological and emotional benefits in both healthy and disease-state patients. It can be used in both prevention and treatment of disease. However, many practitioners fail to incorporate it into their health care or treatment plans. This gap of knowledge about the importance of physical activity in medicine needs to be filled in the early stages of our medical education. Educating students about the positive role of exercise in prevention and treatment will build a strong foundation and allow us to seamlessly integrate this into our patients’ treatment plans. This elective will provide students with a wide range of information and resources.

Semester offered:  Fall

Registration information:  Contact student leaders below

Requirements for credit:

Students will be required to fill out a questionnaire at the beginning and end of the elective. The questionnaire will ask questions about their individual physical activity habits, knowledge level about exercise, and confidence in educating and motivating patients. This will both evaluate student learning and also provide a form of feedback for improving the elective in future years.

Contact information (student and faculty leaders):

Daniel Wenzel
Andrew Boylan
Kevin White
Marissa Mastrocola

Offered in this academic year:  YES