

# WORKSHOP NOTICE

## “EXERCISE TESTING AND PRESCRIPTION”

**Coordinator:**

**Fiddy Davis. J**

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Human Performance Laboratory  
Department of Physiotherapy  
Manipal College of Allied Health Sciences  
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### **Workshop Schedule:**

<i><b>24<sup>TH</sup> NOVEMBER, 2013(SUNDAY)</b></i>	
09:15am – 09:30am	Introduction
09:30am – 10:15am	Pre Exercise Test Work up
10:15am – 10:30am	<b>BREAK</b>
10:30am - 11:30am	Cardio Respiratory Endurance Assessment
11:30am – 12:30pm	Practical Session
12:30pm – 01:30pm	<b>LUNCH</b>
01:30pm – 02:15pm	Clinical Exercise testing / Interpretation
02:15pm – 03:00pm	Assessing Muscular Fitness
03:00pm – 03:30pm	Practical Session
03:30pm – 04:15pm	Assessing Body Composition
04:15pm – 04:30pm	Question and Clarification
<i><b>25<sup>TH</sup> NOVEMBER 2013(MONDAY)</b></i>	
09:00am – 09:15am	Recap and Questions
09:15am – 10:00am	Principle of Prescribing aerobic exercise
10:00am – 10:45am	Group Session
10:45am - 11:00am	<b>BREAK</b>
11:00am – 12:00pm	Principle of Prescribing exercise for muscular fitness
12:00pm – 01:00pm	Practical Session
01:00pm – 02:00pm	<b>LUNCH</b>
02:00pm – 03:00pm	Case Scenarios
03:00pm – 04:00pm	Interaction and Test

**VENUE: - Centre for Physiotherapy and Rehabilitation Sciences, JMI**

**Organized by: - Centre for Physiotherapy and Rehabilitation Sciences,  
Jamia Millia Islamia, New Delhi 110025.**

Prof. M. Ejaz Hussain  
Director