

Semester 2 - Exercise for Women

Date: Tuesday 8th September – Sunday 14th September

Venue: School of Physiotherapy

Time	MONDAY 8/9/08	TUESDAY 9/09/08	WEDNESDAY 10/09/08	THURSDAY 11/09/08	FRIDAY 12/09/08
8.30	No classes	Registration/ Course Overview Helena Frawley G73 Lecture Theatre			
9.00		Business and marketing principles G73	Practical aspects of group management Lisa Westlake G73 Lecture Theatre	Anatomy, function and dysfunction of the pelvic floor, and how to teach pelvic floor muscle exercises Helena Frawley Prac Room 204	Physiology of aging muscle Glenn Wadley G79 Seminar room
10.00		Morning Tea	Morning Tea	Morning Tea	Effects of menopause Libby Oldfield G79 Seminar Room
11.00		Legal and ethical issues Dr Clare Delany G73 Lecture Theatre	Group exercise leadership skills – Part 1 (Practical) Lisa Westlake Prac Room 218/221	Exercise for bone health Kim Bennell Prac Room 204	Morning Tea
12.00		Lunch	Group exercise leadership skills – Part 2 (Practical) Lisa Westlake Prac Room 218/221		Older women's exercise programming (Prac) Prac Room 160/162 (Need to check rooms)
1.00		Exercise adherence Caroline Johnson G73 Lecture Theatre	Lunch	Lunch	Lunch
2.00		Exercise prescription, delivery, evaluation and outcome measures of exercise programs Glenn Wadley G73 Lecture Theatre	Exercise equipment (fitball) Lisa Westlake (Prac) G73/Prac Room 160/162	Prac Room 160/162	Prac Room 160/162
3.00		Afternoon Tea	Exercise equipment (pilates) Chloe Lorback G73/Prac Room 160/162	<i>Self directed learning – exercise class practical (not compulsory); plus: Self-directed learning e.g. library searching for references,; group discussions</i>	<i>Self directed learning – exercise class practical (not compulsory); plus: Self-directed learning e.g. library searching for references,; group discussions</i>
4.00	Exercise programming for Adolescents Tandy Hastings G73 Lecture Theatre	Afternoon Tea	Exercise equipment (resistance) Adam Bryant G73/Prac Room 160/162		
5.00					

Time	SATURDAY 13/09/08	SUNDAY 14/09/08
8.30		Application of exercise in the early postnatal period (0-12 weeks) Caroline Johnson 223/228 or 160/162
9.00	Anatomy of lumbar and pelvic regions Priscilla Barker 223/228 or 160/162	Application of exercise in the early postnatal period (0-12 weeks) (Practical) Caroline Johnson 223/228 or 160/162
10.00	Physiology of exercise in pregnancy and exercise modification for pregnancy Gen McGlashan 223/228 or 160/162	Morning Tea
	Morning Tea	
11.00	Physiology of exercise in pregnancy and exercise modification for pregnancy (Practical) Gen McGlashan 223/228 or 160/162	Postnatal exercise, 12 weeks onward and return to sport including mother-baby Chloe Lorback 223/228 or 160/162
12.00		Postnatal exercise, 12 weeks onward and return to sport including mother-baby (Practical) Chloe Lorback 223/228 or 160/162
1.00	Lunch	Lunch
	Lunch	
2.00	Theory and practical aspects of aqua classes in pregnancy and post partum Mandy Brearley 223/228 or 160/162	Yoga for pre and post natal Karen Wilde 223/228 or 160/162
3.00	Travel to pool	
4.00	Pool class Mandy Brearley Venue: Melbourne City Baths, 420 Swanston Street, Melbourne	Afternoon Tea Discussion, summary, evaluation and closure Helena Frawley
5.00		