



## FOR THE FIRST TIME IN INDIA...

**B.P.C.A'S COLLEGE OF PHYSICAL EDUCATION AND GAYO FITNESS ACADEMY JOINTLY PRESENT**

### INTRODUCTION

Intervention with Exercise Medicine will be the next frontier to ensure physical activity will be executed correctly with a dosage with the end goals of preventing and / or minimizing the risks of death due to non-communicable diseases (NCDs).

The NCDs kill 41 million people each year, equivalent to 74% of all deaths globally. Yearly, 17 million people die from an NCD before age 70; of these premature deaths, 86% occur in low- and middle-income countries. Of all NCD deaths, 77% are in low- and middle-income countries.

Cardiovascular diseases account for most NCD deaths - 17.9 million people annually, followed by cancers (9.3 million), chronic respiratory diseases (4.1 million), and diabetes (2.0 million including kidney disease deaths caused by diabetes).

Detection, screening and treatment of NCDs, as well as palliative care, are key components of the response to NCDs.

Physical inactivity is considered to be the fourth leading risk factor for global mortality accounting for roughly 3.2 million deaths annually. The World Health Organization estimates that one in four adults is not active enough globally

Exercise as a medicine this offers cost-effective interventions.

Jointly hosted by BPCACPE (University of Mumbai) and Gayo Fitness Academy, it will be the first such program in India.

**NSCA, ACE, ISSA CEUs applied for!**

## Exercise Medicine - First Line of Intervention Against NCDs

**08-12**  
JUNE



**09:00 AM - 05:00 PM**

**B.P.C.A'S COLLEGE OF PHYSICAL  
EDUCATION, WADALA**

### COURSE CREDENTIALS

The presenter, Dr Muhammad Lee of The Asia College of Exercise Medicine (ACEM), Kuala Lumpur is the pioneer of using Exercise as the first line of intervention against NCDs. ACEM is fully accredited by the Malaysian Qualification Agency (MQA), Government of Malaysia.

The certificate, issued by ACEM, is accepted for CEUs by the BPCA's College of Physical Education (Univ of Mumbai).

We are in the process of applying for CEUs approval from NSCA, ISSA and ACE as also UAE REPS.

### MINIMUM ELIGIBILITY

The course is designed for -

- under and post graduates in Physical Education,
- personal trainers
- Specialist fitness trainers who deal with special populations
- S&C coaches who also work with special populations

**This 5-days course is fully physical (offline). It will not be available for online delivery.**

### SYLLABUS & DELIVERY

It will cover -

1. The cardiovascular system - students will learn the clinical physiology of a weak, normal and a strong heart.
  - a) basic interpretation of ECG,
  - b) prescription of exercise to rehabilitate a weak heart
  - c) how to improve a normal heart
  - d) Preparing a strong heart for higher physical activities
2. The musculoskeletal system will cover muscle and physiology.

The learning outcomes:

- a) Strength Physiology
- b) Prescription of resistance exercises to increase muscles.
- c) How resistance exercises are used to treat NCDs and cancer
- d) Dosage of resistance training for major muscle groups.

**FEES ₹15,000 + GST.**



**Presenter - Dr. Muhammad Lee.**  
**CEO, Asia College of Exercise and Sports Medicine**



**Scan QR to Register**

**Reserve your spot today !**

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