

WOMEN AND EXERCISE: CLINICAL IMPLICATIONS & CONSIDERATIONS

Goals and Objectives

Course Description

"Women and Exercise" is a live (real-time) interactive webinar for occupational therapists and occupational therapy assistants that examines female specific considerations for exercise and rehabilitation during adolescence, pregnancy and postpartum, and menopause. This course includes a review of current literature relating to women's health at key points in the lifespan, clinical implications, and rehabilitation considerations for women.

Course Rationale

The purpose of this course is to provide participants with contemporary information on women and exercise with comparative analysis of physiological processes and clinical presentations to understand rehabilitation considerations and maximize outcomes based on current research.

Course Goals and Objectives

Upon completion of this course, participants will be able to:

1. List and identify the physiological markers of female adolescence.
2. Recognize normal and abnormal variations in physical performance during female adolescence.
3. Identify the relationship between activity, growth, and menstruation.
4. Recognize the physiological changes associated with pregnancy.
5. Define the current exercise recommendations for women during pregnancy.
6. Distinguish the presentation and pathogenesis of musculoskeletal disorders that are common in the pregnant population.
7. Detail the rehabilitation considerations for postpartum women as they return to exercise.
8. List the diagnostic criteria that define menopause in women.
9. Compare and contrast muscle strengthening before and after menopause.
10. Identify the risk factors for and exercise implication of osteoporosis.

Course Provider – Innovative Educational Services

Provider Contact Information – information@cheapceus.com

Course Instructor - Sara Ziegele, PT, DPT, OCS

Conflict of Interest – No financial or non-financial conflict of interest exists for the presenter or provider of this course.

Target Audience – Occupational Therapists, Occupational Therapy Assistants

Course Educational Level – This course is applicable for introductory learners.

Course Prerequisites – None

Method of Instruction – Live synchronous interactive webinar

Location - Cheapceus.com

Date – Multiple presentation dates.

Course Completion Requirements / Criteria for Issuance of CE Credits – Verified attendance at live interactive webinar and a score of 70% or greater on the course post-test

Continuing Education Credits – Three (3) contact hours / .3 AOTA CEUs

Course Fee - \$39.95

Registration Information –To register for this program, please go to: Cheapceus.com

Special Needs Requests – Email: information@cheapceus.com or phone: 954-663-4101

Cancellation by the Learner – Learners may cancel their participation at any time and receive a full refund of all paid fees.

Cancellation by the Provider – Cancellation by the provider is not applicable as this activity is not a scheduled event

Complaint Resolution – Please call 954-663-4101 (24 hours/day, 7 days/week) to speak with a live customer service agent. Our goal is to work with our customers to resolve all issues to the customer's satisfaction with just one phone call whenever possible.

Refund Policy - Unrestricted 100% refund upon request. The request for a refund by the learner shall be honored in full without penalty or other consideration of any kind. The request for a refund may be made by the learner at any time without limitations before, during, or after course participation.



Innovative Educational Services is an AOTA Approved Provider of professional development. PD activity approval ID# 5471. This Distance Learning – Interactive PD activity is offered at .3 CEUs; Introductory; Occupational Therapy Service Delivery; OT Foundational knowledge. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA.

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Course Outline and Schedule

Topic	Time
Physiological markers of female adolescence	0:00-0:10
Adolescence and strength	0:11-0:15
Adolescence and motor control	0:16-0:25
Adolescence and cardiovascular output	0:26-0:30
Amenorrhea	0:31-0:35
Female athlete triad and RED-S	0:36-0:50
<i>Interactive Discussion of Clinical Applications</i>	0:51-1:00
Physiological changes associated with pregnancy	1:01-1:10
Exercise and rehabilitation recommendations during pregnancy	1:11-1:25
Common musculoskeletal disorders during pregnancy	1:26-1:40
Postpartum considerations	1:41-1:50
<i>Interactive Discussion of Clinical Applications</i>	1:51-2:00
Defining menopause	2:01-2:10
Muscle strengthening after menopause	2:11-2:20
Osteoporosis definition and risk factors	2:21-2:35
Osteoporosis management	2:36-2:50
<i>Interactive Discussion of Clinical Applications</i>	2:51-3:00