

# Healthcare & Nursing

## Professional Certificate in Exercise Medicine with AI

### Programme Aim:

Equip participants with essential theoretical knowledge and practical skills in applying exercise as medicine. The program emphasizes the role of exercise in disease prevention, rehabilitation, and recovery while integrating modern health monitoring and assessment tools.

### Mode of Delivery:

Hybrid

### Duration & Total Learning Hours:

10 Days (80 Hours)

### Module Structure:

#### Theoretical (T) – 6 Days Online

1. Exercise & Sudden Death
2. Pharmacological Contraindication to Exercise
3. Intervention on Obesity – Body Fat Control and Diet Strategy
4. Metabolic Diseases
5. Vital Sign Monitoring & ECG
6. Exercise & Cancer
7. Exercise Intervention to NCDs
8. Report Interpretation (T & P)
9. Final Assessment (T & P)

#### Practical (P) – 4 Days Face-to-Face

1. Strength Measurement & Dosage
2. Physical Fitness Assessment
3. Health Screening
4. Exercise Prescription (Dr Fit System)
5. Report Interpretation (T & P)
6. PNF Stretching – Musculoskeletal System (Upper Body)
7. PNF Stretching – Musculoskeletal System (Lower Body)
8. Biomechanics of Exercise & Injury Prevention (Chest & Back)
9. Biomechanics of Exercise & Injury Prevention (Shoulder & Arms)

Accredited by:



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