



BACR Exercise Professionals Group Study Day
FRIDAY 18th APRIL 2008
Birmingham NEC



PHASE IV NETWORK



"Physical Activity and Reducing the Risk of Cardiovascular Disease"

PROVISIONAL PROGRAMME:

9.00 - 9.30	Coffee and Registration	
9.30 - 9.35	Study day Opening	
	<i>Morning Chair: Dr Marie Murphy</i> <i>Theme: CVD Risk - where does physical activity and exercise fit?</i>	
9:35 - 10.05	Assessing the risk of cardiovascular disease	Prof David Wood
10.05 - 10.45	<i>Keynote session</i> The interaction of physical activity with other risk factors on CVD Risk	Dr I-Min Lee
10.45 - 11.15	Tea and Coffee	
11.15- 11.45	How much does exercise contribute to risk reduction?	Dr Rod Taylor
11.45 - 12.15	Physical activity and metabolic risk	Dr Ulf Ekelund
12.15 - 12.45	Self management strategies and CVD risk	Dr Dorothy Frizelle
12.45 - 13.00	<i>Panel Discussion</i>	
13.00 - 13.30	AGMs – ACPICR and BACR Exercise Instructor Network	
13.30 – 14.30	LUNCH	
	<i>Afternoon Chair: Dr John Buckley</i> <i>Theme: Physical Activity in low capacity clients</i>	
14.30 -15.00	Importance of targeting resources to the patients who have a low level of physical fitness	Dr Sally Turner
15.00 - 15.30	Seated but active: how to meet the new strength and physical activity recommendations while seated	Prof Patrick Doherty
15.30 - 15.40	<i>Panel Discussion</i>	
15.40 - 16.00	Tea and Coffee	
	<i>Theme: Physical Activity- how low can you go?</i>	
16.00- 16.30	How much walking is required to enhance cardiovascular health and improve aerobic fitness?	Dr Marie Murphy
16.30 – 17.00	What is the best dose of activity to prevent development of CVD; from 1 x vigorous to 5 x moderate intensity per week?	Dr I-Min Lee
17.00 – 17.10	<i>Panel Discussion</i>	
17.10 - 17.15	Study day close and evaluation	
17.15 - 17.30	Tea and opportunity to network	



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APPLICATION FORM (One form to be completed by each delegate, please take copies as necessary)

Title	First name	Surname	
Profession:		Job Title:	
Place of work:			
Professional affiliation (please tick) BACR [] ACPICR [] BASES [] Phase IV Network []			
Contact Address (to which further information will be sent):			
Post Code:			
Email Address:		Tel:	Fax:
Member of either BACR, BASES, ACPICR or Phase IV Network. Membership No:		Charge £90*	TICK *This fee does not include accommodation. This must be arranged independently
Non-member of BACR, BASES, ACPICR or Phase IV Network members		£110*	
Special Diet (please specify)			
Where did you hear about the Study Day?			
I understand that no refunds will be given for any bookings cancelled after 4th April 2008			
Signed:		Dated:	

Important: Fees must be paid in full when applying for this study day and enclosed with the application. No place can be reserved unless full payment is received. Attendance will not be permitted in instances where payment has not been received.

Please make cheques payable to **BACR EDUCATION CONSORTIUM** and return **application and payment** to: **Vivienne Stockley** BACR Education Office, Town Hall Exchange, Castle Street, Farnham, Surrey, GU9 7ND. For more information Tel: 01252 720640 or vivienne@bacrphaseiv.co.uk

Cancellations: Must be in writing and received at least 2 weeks prior to the Study Day in order to be fully refunded. If a cancellation is received within 2 weeks of the Study Day then BACR reserve the right to charge the full fee.

Official use only: Application number:

Date application received: