



**nutrition
network**

ONLINE TRAINING

Exercise for the Prevention & Treatment of Diseases

A comprehensive multi-lesson training program designed to transform your clinical practice by integrating exercise as a key component in the prevention and treatment of chronic diseases. The course begins with foundational concepts of cardiorespiratory fitness (CRF) and movement competency, building towards personalised exercise prescription, medication management integration, and considerations for diverse patient populations.

25 CPD
HOURS OF LEARNING

Self-Paced

KEY LEARNING OBJECTIVES

Understand the importance of CRF and movement competency in patient health.

Be able to assess CRF and movement competency using both basic and advanced tools.

Develop personalized exercise prescriptions tailored to individual patient needs.

Integrate exercise into overall patient care plans, including considerations for medication management.

Identify and overcome barriers to exercise habituation in patients.

Apply motivational interviewing techniques to enhance patient engagement and adherence.

Customize exercise prescriptions for special populations, ensuring safe and effective outcomes.

TRAINING OVERVIEW

This comprehensive training programme spans 14 lessons, covering the vital role of exercise in preventing and treating chronic diseases. The course begins with foundational concepts of CRF and movement competency and progresses through advanced topics such as personalised exercise prescription, the integration of exercise with medication management, and special considerations for various patient populations. Through case studies, practical applications, and evidence-based strategies, you will be empowered to utilise exercise as a powerful tool in clinical practice.

The Partnership



Peter Cummings, MPH, NNP

Course Lead & Primary Lecturer

Peter is a preventive health expert with over 30 years of experience, specialising in therapeutic carbohydrate reduction and human performance. He has authored peer-reviewed articles in the American Journal of Preventive Medicine.

INTRODUCTION LESSON: CORE CONCEPTS

- Physical Fitness is a Vital Sign
- Routine Assessment of CRF is clinically
- essential Personalising Exercise Prescription is
- Critical Barriers and Obstacles to Habituation
- Special Populations and Case Studies

LECTURE OUTLINE

Introduction	<i>Peter Cummings, MHP, NNP</i>
My Personal Journey of Reclaiming Cardiorespiratory Fitness	<i>Dr Laurie Rauch</i>
What is Cardiorespiratory Fitness?	<i>Dr Laurie Rauch</i>
How to Assess Cardiorespiratory Fitness and Movement	<i>Peter Cummings, MHP, NNP</i>
Understanding Movement Competency	<i>Kyle Barrow, ATC</i>
How to Prescribe Effective Exercise	<i>Peter Cummings, MHP, NNP</i>
Exercise is Medicine: Clinical Applications	<i>Dr Rolandos Pavlou MD MHP NNP</i>
Prescription Considerations of TCR	<i>Tamzyn Murphy, RD, MSc</i>
Dietary Advice for Athletes Adapted to LCHF	<i>Prof Timothy Noakes</i>
Benefits and Risks of Exercise	<i>Dr Hassina Kajee, MD</i>
Deeper Dive into Movement Competency Assessment	<i>Kyle Barrow, ATC</i>
SMART Goals — Skills for Guiding Clients to Achievable Goals	<i>Dr Debbie Garratt PhD, MHP, NN</i>
Referral to Exercise Professionals	<i>Bronson Dant CPT, CCFT, CSCC,</i>
Objections and Barriers — Identifying and Managing	<i>Dr Debbie Garratt PhD, MHP, NN</i>
Exercise Prescription for Special Populations	<i>Bronson Dant CPT, CCFT, CSCC,</i>
Course Summary	<i>Peter Cummings, MHP, NNP</i>
Appendix — Using Available Technology	<i>Peter Cummings, MHP, NNP</i>
Appendix — Mental Fortitude	<i>Prof Timothy Noakes</i>

WHO IS THIS COURSE FOR?

This course is ideal for healthcare providers including doctors, nurses, physical therapists, and other clinicians who wish to incorporate exercise into their patient care strategies. Also beneficial for fitness professionals working in clinical settings who collaborate with healthcare providers.

CERTIFICATE & CPD

On completion, participants will be issued a Certificate of Completion. This module contributes towards certification as a Nutrition Network Practitioner.

CPD accreditation with The CPD Standards Office is anticipated. Once accredited, certificates are recognised internationally across a multitude of countries.



LECTURER BIOS

Expert faculty bringing cutting-edge science and clinical experience to exercise medicine



Peter Cummings, MHP, NNP

Director of Health and Human Performance at Plan2Peak, specialising in preventive health and therapeutic carbohydrate reduction. With over 30 years of experience, Peter is an expert in human performance and has authored peer-reviewed articles in the American Journal of Preventive Medicine. As an accomplished endurance sports coach, he has guided athletes to numerous national and state championships. His data-driven, integrative approach challenges conventional reliance on medication.



Kyle Barrow, ATC

Background in sports medicine and physical conditioning. Has worked with professional sports organisations and military operators including the Atlanta Falcons, Jacksonville Jaguars, St. Louis Cardinals, and Navy SEALs. Currently product developer for Functional Movement Systems, developing a groundbreaking musculoskeletal health platform. Focuses on proactive care and reducing risk factors before injuries occur.



Tamzyn Murphy, RD, MSc

Registered dietitian with a master's degree in Physiology (Distinction), in which she investigated Low Carbohydrate High Fat Diets and Type 2 Diabetes. Special interest and experience in LCHF/Keto diets. Co-founder of Real Food Dietitians, a private practice focusing on Keto diets. Experience in community nutrition, the supplement industry, nutrition writing, and low-carbohydrate research.



Dr Laurie Rauch

Adjunct senior lecturer in Human Biology at UCT at undergraduate and postgraduate level. He co-supervises MSc and PhD students in research projects ranging from relational health, weight loss, sleep, and spinal cord injury. His particular interest lies in the Autonomic Nervous System and over a decade of academic research into the neural underpinnings of composure and peak performance.



Dr Rolandos Pavlou, MD MHP NNP

General practitioner based in Athens, Greece, emphasising a holistic approach to healthcare incorporating nutrition, herbal medicine, homeopathy, and lifestyle changes. Particularly known for using ketogenic and low-carbohydrate diets to help manage chronic conditions. Runs the YouTube channel "Ketoactually" offering insights on nutrition and modern chronic diseases.



Dr Hassina Kajee, MD

Specialised as an Internist and headed the High Care Unit of a teaching hospital in South Africa. As her patient population became younger and more were admitted with chronic disease, she embarked on a journey to empower patients and providers with nutrition and lifestyle education. Co-founded Nutrition Network, bringing Keto education to thousands of healthcare practitioners globally.

**Dr Debbie Garratt, PhD, NNP**

Broad background in health including 25 years as a Registered Nurse, counselling, and adult education with more than 35 years of professional experience. Areas include crisis and pregnancy counselling, psychosocial care in oncology, group facilitation, professional development programme design, management, leadership, and health and stress management education. Recognised as a Certified Nutrition Network Medical Practitioner.

**Bronson Dant**

Certified strength and conditioning coach, certified personal trainer, certified nutrition coach, behaviour change specialist, health coach, author, and public speaker. His journey to a better quality of life began when he was 70 pounds overweight. After combining proper nutrition with fitness, he realised achieving a healthy lifestyle is about the right combination of fitness, nutrition, and mindset. With over ten years of coaching experience, he emphasises that mindset is crucial to success.

**Prof Timothy Noakes**

MBChB, MD,DSc (Med)in Exercise Science.

Co-founder of the Sports Science Institute of South Africa (SSISA). Rated A1 scientist by the National Research Foundation of SA. Received the Order of Mapungubwe, Silver, from the President of South Africa. Published more than 750 scientific books and articles, cited more than 21,000 times with an H-index of 77. Co-founder and Chief Medical Director of the Nutrition Network.

ONLINE · FLEXIBLE · SELF-PACED STUDY