



## The Israeli EPH Program

### Introduction Workshop – Monday, 26.9.16

יום ב', ה-26.9.16, אוניברסיטת ת"א, בניין למחקר רב-תחומי, קומה 3 חדר 315



- 08:30-09:00 **Opening ceremony:**  
**Ron Golan**, Chairman, Israel Society of Sports Medicine  
**André Debruynne**, President, European Federation of Sports Medicine Associations (EFSMA)  
**Petra Zupet**, Secretary, Scientific & Education Committee, EFSMA
- 09:00-10:00 Basic Exercise Physiology; **Yuval Heled**
- 10:00-10:45 Principles in Physical Activity and Training; **Einat Kodesh**
- 10:45-11:00 Exercise Prescription for Health (EPH)- Basic Principles; **Ron Golan**
- 11:00-11:20 Coffee break
- 11:20-12:00 General Recommendations for Physical Activity– The New Paradigm; **Ron Golan**
- 12:00-12:30 EPH for Obese patients; **Yair Lahav**
- 12:30-13:00 EPH for Diabetic patients; **Ron Mor**
- 13:00-13:30 Lunch Break
- 13:30-14:00 EPH for patients with Ischemic Heart Disease; **Ron Golan**
- 14:00-14:30 EPH for COPD patients; **Ronen Reuveny**
- 14:30-15:00 EPH for Asthmatic Patients; **Ronen Reuveny**
- 15:00-15:30 Coffee break
- 15:30-16:00 EPH for Hypertensive patients; **Mickey Scheinowitz**
- 16:00-17:00 Introduction to "Readiness Evaluation and Encouragement for Lifestyle Changes"  
**Batya Kornboim (Adva Tzuk onn)**



## General information

The introduction workshop is part of a 36 hours EPH course, with 7 follow-up meetings of 4 hours each. It was created by a multi-disciplinary team of physicians, exercise physiologists and physiotherapists, from Israel Society of Sports Medicine and other related medical fields.

The focus of the course is the physician and the tools he/she needs in order to get their patients moving and exercising according to current and evolving international research and guidelines.

In each subject, there will be short presentation (indications, contraindications, benefits), case report and EPH for this case (as an example), with references to supported information. We will use success stories as case reports, and small group discussions for better learning and hands-on experience.

Graduates of this course will receive a confirmation certificate of the "EPH course", certified by Israel Society of Sports Medicine (ISSM), according to the standards of the European Federation of Sports Medicine Association (EFSMA), Israel Medical Association (IMA).

Ron Golan, MD PhD

*R. Golan*

Chairman, Israel Society of Sports Medicine  
Sports Medicine and Cardiac rehabilitation  
Heart Institute, Ziv Medical Center  
Zefat, Israel

[Ron.g@ziv.health.gov.il](mailto:Ron.g@ziv.health.gov.il); 972-50-6617537