

LMMSC Module 4 Prescribed Application Activity Guide

You are required to complete **6 hours** of prescribed application activities for **LMMSC Module 4, Physical Activity Science and Prescription**. If the number of application activity hours completed for this module exceeds the prescribed requirement, the additional hours accrued may be counted toward the flexible application activity requirement. Select activities that fit your individual learning needs and interests from the options outlined below. While many activities may be completed independently, recall that at least 1 hour of group collaboration for each module is strongly encouraged.

/COLLABORATIVE/

Discussion of Virtual Module 4 Content (Credit = up to 1 hour for every 2–4 units covered)

Collaborative

M4U1, M4U2, M4U3, M4U4, M4U5, M4U6

- Activity: For every 2–4 virtual units delivered within a module, faculty or learners may host a review session to further discuss and synthesize LMMSC content.
- Submission: Attest to completion (including date and actual time spent) and upload a summary of what was covered (~1 paragraph). Identify at least one clinically or personally relevant insight that was gained or reinforced through the activity.

Module 4 Journal Club (Credit = up to 1.5 hours per journal article)

Collaborative

M4U1, M4U2, M4U3, M4U4, M4U5, M4U6

- Activity: Faculty or learners may lead a journal club reviewing a lifestyle medicine-related research article that directly applies to the content presented in this module. Articles may be selected from the references listed within the virtual module or elsewhere (so long as they are topically relevant). Consider using this [model for journal club presentations](#), or other similar methodologies as currently employed by your program/institution. Time spent preparing for the journal club discussion (e.g., reading the article or creating a presentation) may be counted toward overall activity credit.
- Submission: Attest to completion (including date and actual time spent) and upload a synopsis of the journal article (~1 paragraph), along with the citation. Please include



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your personal conclusions regarding the applicability of the lifestyle-based interventions addressed in the article to your practice/patient population.

Physical Activity in the Workplace (Credit = up to 1 hour)

Collaborative

M4U1, M4U2, M4U3, M4U4, M4U5, M4U6

- Activity: Organize a group exercise session (or multiple mini sessions or movement breaks throughout the day) for fellow residents and other staff during the workweek. Include brief education on the health benefits of exercise.
- Submission: Attest to participation (including date and actual time spent) and briefly describe what you did and who was able to participate (~1 paragraph).

/ COLLABORATIVE OR INDEPENDENT /

"Walk with a Doc" Participation (Credit = up to 1.5 hours)

Collaborative or Independent

M4U1, M4U2, M4U4, M4U6

- Activity: Explore the [Walk with a Doc](#) website, paying specific attention to the "Who We Are," "Walking Benefits" (with "100 Reasons to Walk"), and "Start a Walk" sections. Locate a Walk with a Doc chapter near you and participate in one walking event. If unable to find a local Walk with a Doc chapter or event, complete the [virtual walk](#) activity.
- Submission: Attest to participation (including date and actual time spent) and report at least one clinically or personally relevant insight that was gained or reinforced through the activity.

Fitness Class Participation (Credit = up to 1 hour per class; may complete twice for up to 2 hours total)

Collaborative or Independent

M4U4, M4U5, M4U6

- Activity: Attend a fitness class at a local gym, YMCA, park, community center, etc. Consider the following questions:
 - Why did you choose this class? Did you attend the class with anyone else you knew?
 - What did you like or dislike about the class? Would you prefer to try a different type of class?



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- How did it feel being active with others? Do you prefer being active in a group setting or exercising independently?
- Submission: Attest to participation (including date and actual time spent) and address the prompts outlined above (~1 paragraph).

Fitness Event/Competition Participation (Credit = up to 2 hours)

Collaborative or Independent

M4U4, M4U5, M4U6

- Activity: Participate in a local fitness event/competition, such as a 5K fun run, sprint triathlon, obstacle course, etc. Consider the following questions:
 - Why did you choose this event? How did you prepare for the event?
 - What did you like or dislike about the event? Would you prefer to try a different type of event?
 - How did it feel being active in a competitive setting?
- Submission: Attest to participation (including date and actual time spent) and address the prompts outlined above (~1 paragraph).

Resistance Training Personal Application (Credit = up to 1 hour)

Collaborative or Independent

M4U5, M4U6

- Activity: Review the six compound movements for resistance training (vertical push, vertical pull, horizontal push, horizontal pull, hip hinge, and squat) and try at least three different variations of each compound movement. Consider completing with a partner or small group to assess form and to provide feedback.
- Submission: Attest to participation (including date and actual time spent) and report which variation of each compound movement best fits your needs and why (~1 paragraph).

Identify Community Physical Activity Resources (Credit = up to 1 hour)

Collaborative or Independent

M4U6

- Activity: Research community resources (such as [Silver Sneakers](#), [YMCA facilities](#), fitness programs offered through your training institution, community fitness organizations such as [Girls on the Run](#) or [Walk With a Doc](#), etc.) that are available to your patient population. Create a list, handout, or electronic medical records (EMR) tool that can be used to refer patients to these resources. Consider customizing the template "[Our Physical Activity Resources](#)" from Exercise is Medicine (EIM).



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- Submission: Attest to participation (including date and actual time spent) and submit a copy of your list/handout/EMR tool.

/ INDEPENDENT /

Lifestyle Medicine Primer: Physical Activity (Credit = up to 0.5 hours)

Independent

M4U1, M4U2, M4U3, M4U4, M4U5, M4U6

- Activity: Review the following article from [A Family Physician's Introduction to Lifestyle Medicine](#), a supplement to *The Journal of Family Practice* (which can be found on the LMMSC "Resources" landing page under the "Curriculum Description & Resources" heading):
 - "Lifestyle Medicine: Physical Activity"
- Submission: Attest to completion (including date and actual time spent) and report at least one clinically or personally relevant insight that was gained or reinforced through your reading.

Review of Exercise is Medicine Resources (Credit = up to 2 hours)

Independent

M4U1, M4U2, M4U3, M4U4, M4U5, M4U6

- Activity: Explore the [Exercise is Medicine](#) (EIM) website and review the following sections and materials:
 - **Health Care Providers**
 - [EIM Summary Sheet](#)
 - [Health Care Provider's Action Guide](#)
 - [Rx for Health Series](#) (Foundational Exercise Rx, Exercise Rx for Medical Conditions)
 - [Prescription Form](#)
 - [Supporting Tools](#) (Health Care Provider Resources)
 - [EIM Fact Sheet](#)
 - **Exercise Professionals**
 - [Exercise Professionals' Action Guide](#)
 - **EIM On Campus**
 - [EIM On Campus Action Guide](#)
 - [Webinar Series](#)



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- Submission: Attest to participation (including date and actual time spent) and identify at least three EIM resources you plan to utilize during clinical encounters and describe your plan for incorporating these resources.

Physical Activity Vital Signs (Credit = 1 hour)

Independent

M4U3

- Activity: Print copies of EIM's [Physical Activity Vital Signs](#) (PAVS) worksheet (or use existing EMR capabilities if available) and arrange with your clinical staff to implement physical activity vital sign assessment for at least **five** patient encounters (or one clinic half day, etc.). Review the physical activity vital signs reported with your patients during their clinical encounters. Consider the implications of physical activity and/or sedentary behavior with respect to the medical concerns discussed during the encounter.
- Submission: Upload a reflection (~1 paragraph) on your implementation of the PAVS assessment, with particular attention to how incorporating the PAVS impacted your clinical encounters and how you may be able to further optimize use of PAVS in future patient encounters.

Physical Activity Prescription (Credit = 1 hour)

Independent

M4U4, M4U5, M4U6

- Activity: Print copies of EIM's physical activity [prescription form](#) and complete with at least **five** patients during clinical encounters. Review the SBIRT (Screening, Brief Intervention, and Referral to Treatment) algorithm as presented in EIM's [Health Care Providers' Action Guide](#). Consider incorporating EIM's [Rx for Health Series](#) condition-specific handouts to further tailor physical activity recommendations for your patients.
- Submission: Upload a reflection (~1 paragraph) on your implementation of the physical activity prescription form, with particular attention to how incorporating these prescriptions impacted your clinical encounters and how you may be able to further optimize use of physical activity prescriptions in future patient encounters.

Physical Activity Tracking (Credit = up to 1.5 hours)

Independent

M4U1, M4U3, M4U4, M4U5, M4U6

- Activity: Track your physical activity using a pedometer, accelerometer, or other wearable device for one week. Calculate your metabolic equivalent of task (MET)-hours per week (reference the material presented in M4U3, with particular attention to the



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"METs and All-Cause Mortality" section and associated figure). Did you meet the recommended activity thresholds as outlined by the [Physical Activity Guidelines for Americans](#)? What factors positively or negatively impacted your activity levels or sedentarism over the course of the week? How might you optimize the factors to promote increased physical activity?

- **Submission:** Attest to participation (including date and actual time spent) and upload a reflection (~1 paragraph) on this activity. Report your MET-hours per week calculation and respond to the prompts above. Set one SMART goal related to improving physical activity or sedentarism patterns for the following week (and include this in your submission as well).

Referral Network of Exercise Professionals (Credit = up to 1.5 hours)

Independent
M4U6

- **Activity:** Visit the [US Registry of Exercise Professionals](#) and identify at least three qualified professionals in your local area. View a more robust profile of each professional (if available), either by clicking on the registered professional's certification number or by visiting their accrediting organization website:
 - [American College of Sports Medicine \(ACSM\)](#)
 - [American Council on Exercise \(ACE\)](#)
 - [National Council for Certified Professional Trainers \(NCCPT\)](#)
 - [National Strength and Conditioning Association \(NSCA\)](#)

Contact at least one registered professional for an interview. Provide a professional introduction and an explanation of how you envision potentially working together to optimally support patients. Discuss the following:

- What is your personal philosophy when it comes to physical activity and exercise?
- Do you hold a 4-year degree or higher in exercise science, kinesiology, or a health-related field? (if not specified on the registry)
- What has been your experience working with various clients, including those with chronic health conditions?
- What is the cost per session?
- Where do you work with clients? Is additional gym membership required?
- Do you have liability insurance?
- If you were to receive referrals, how would you go about providing feedback on the initial evaluation, goals, and progress of each patient?



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- Submission: Attest to participation (including date and actual time spent), provide a list of the local exercise professionals you identified/contacted, and comment on how you foresee working with these individuals in the future (if at all).

Personal Trainer Experience (Credit = up to 1 hour per session; may complete twice for up to 2 hours total)

Independent

M4U4, M4U5, M4U6

- Activity: Find a personal trainer near you using the [US Registry of Exercise Professionals](#) and complete the following:
 - Determine the trainer's credentialing body and level of training.
 - Participate in a 30- to 60-minute session with the personal trainer.
 - Ask your trainer to provide an individualized strength-training program that includes all major muscle groups.
- Submission: Attest to participation (including date and actual time spent) and report at least one clinically or personally relevant insight that was gained or reinforced through the activity.

Physical Therapist Shadowing or Rotation (Credit = up to 2.5 hours)

Independent

M4U3, M4U4, M4U5, M4U6

- Activity: Shadow or rotate with a physical therapist (consider contacting a physical therapist who is working with one of your patients). Investigate/discuss the following:
 - Ask about their educational background (school attended, degree obtained), specialty certification/fellowships completed, years of experience, and particular areas of interest.
 - Ask what would be helpful for all physicians to know or understand about physical therapists.
 - Learn common exercises and treatment modalities that you can teach or prescribe to patients for conditions that you encounter frequently.
 - Explore what type of patients or conditions may or may not require referral to physical therapy.
- Submission: Attest to participation (including date and actual time spent) and report at least one clinically or personally relevant insight that was gained or reinforced through the activity.

