

FIISM Module I 3-Day Conference Agenda



Fellowship In Integrative Sports Medicine (FIISM) Module I



Agenda

FELLOWSHIP IN INTEGRATIVE SPORTS MEDICINE – Module I (Day 1)
Course Director: *James T. Bell, PhD*
8:00 AM – 6:00 PM

8:00 am – 9:00 am	Understanding the relationship between chronic disease, disability and dysfunction, the degeneration of the patients’ physiological systems, the 10 Components of Fitness as health markers to the level of degeneration with each physiological system and how FIISM protocols use this information for the treatment, care and prevention of diseases	Dr. Jim Bell, PhD
9:00 am – 10:00 am	Developing requisite counseling knowledge, skills and abilities to communicate and motivate the patient for critically needed behavior modification protocols	Dr. Jim Bell, PhD
10:00 am – 10:15 am BREAK		
10:15 am – 11:45 am	Evidence Based Medicine: Gathering essential medical, health and fitness testing data for the safe and effective integration of all 7 Phases of the FIISM Protocols for optimum patient health	Dr. Jim Bell, PhD
11:45 am – 12:15 pm	Practical Kinesiology Session: Safe and Effective Sports Medicine Protocols, Exercise and Biomechanics	Dr. Jim Bell, PhD
12:15 pm – 1:15 pm LUNCH (on your own)		
1:15 pm – 2:45 pm	Evidence Based Medicine: FIISM Protocols for Muscle and Cardiorespiratory Physiology, Exercise Prescription and Management, Program Design and Training Protocols	Dr. Jim Bell, PhD
2:45 pm – 4:15 pm	Evidence Based Medicine: FIISM Nutrition Prescriptions for safe, effective and optimal performance toward the patients’ goals	Dr. Jim Bell, PhD
4:15 pm – 4:30 pm BREAK		
4:30 am – 6:00 pm	Practical, Hands-On Training in Exercise Management: Safe and effective biomechanics, kinesiology and technique to maximize safety and patient wellness	Dr. Jim Bell, PhD



Agenda

FELLOWSHIP IN INTEGRATIVE SPORTS MEDICINE – Module I (Day 2)

Course Director: *James T. Bell, PhD*

8:00 AM – 6:00 PM

8:00 am – 9:00 am	Practical utilization of FIISM Protocols in regards to the patients' Energy Systems and Exercise Prescriptions	Dr. Jim Bell, PhD
9:00 am – 10:00 am	Medical and Health Adaptations to Exercise Training and FIISM Protocols	Dr. Jim Bell, PhD
10:00 am – 10:15 am	BREAK	
10:15 am – 11:45 am	Understanding the Application of FIISM Exercise Physiology Principles for the safe and effective improvement in the patients' health and fitness	Dr. Jim Bell, PhD
11:45 am – 12:15 pm	Practical, Hands-On Training in Exercise Management: Safe and effective biomechanics, kinesiology and technique to maximize safety and patient wellness	Dr. Jim Bell, PhD
12:15 pm – 1:15 pm	LUNCH (on your own)	
1:15 pm – 2:45 pm	Understanding FIISM Protocols for Exercise Management, Kinesiology, Biomechanics, Safety Guidelines and Medical Restrictions to exercise	Dr. Jim Bell, PhD
2:45 pm – 4:15 pm	Evidence Based Medicine: Development of Effective FIISM Program Design	Dr. Jim Bell, PhD
4:15 pm – 4:30 pm	BREAK	
4:30 pm – 6:00 pm	Practical, Hands-On Training in Exercise Management: Safe and effective biomechanics, kinesiology and technique to maximize safety and patient wellness	Dr. Jim Bell, PhD

TIME, SPEAKERS, TOPICS Subject to Change



Agenda

FELLOWSHIP IN INTEGRATIVE SPORTS MEDICINE – Module I (Day 3)

Course Director: *James T. Bell, PhD*

8:00 AM – 6:00 PM

8:00 am – 9:00 am	Evidence Based Medical Research for Optimal Utilization of Testosterone for Anti-Aging Programs.	Dr. Jim Bell, PhD
9:00 am – 10:00 am	How to use FIISM Exercise Prescriptions to improve function, flexibility and mobility	Dr. Jim Bell, PhD
10:00 am – 10:15 am	BREAK	
10:15 am – 11:45 am	FIISM Exercise Prescriptions for safe and effective Senior Fitness Training and Anti-Aging Protocols	Dr. Jim Bell, PhD
11:45 am – 12:15 pm	Practical, Hands-On Training in Exercise Management: Safe and effective biomechanics, kinesiology and technique to maximize safety and patient wellness	Dr. Jim Bell, PhD
12:15 pm – 1:15 pm	LUNCH (on your own)	
1:15 pm – 2:45 pm	Evidence Based Medicine: FIISM Exercise Prescriptions for safe and effective Treatment, Care and Prevention of Disease, Disability and Dysfunction	Dr. Jim Bell, PhD
2:45 pm – 4:15 pm	Evidence Based Medicine: FIISM Nutrition Prescriptions for the Treatment, Care & Prevention of Disease, Disability and Dysfunction	Dr. Jim Bell, PhD
4:15 pm – 4:30 pm	BREAK	
4:30 pm – 6:00 pm	Practical, Hands-On Training in Exercise Management: Safe and effective biomechanics, kinesiology and technique to maximize safety and patient wellness	Dr. Jim Bell, PhD

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