Exercise is Medicine (EIM) on Campus

Presenters: Dr. Len Kravitz; Dr. Carol Kennedy-Armbruster, Dr. Mary E. Sanders & Dr. Dixie Stanforth

I. Introduction of Panel – Dr. Len Kravitz

II. Four Take-Away Messages
   A. Provide university professionals and interested allied professionals with an opportunity to learn what other universities are doing to promote physical activity through EIM on campus.
   B. Learn from faculty within four major universities (University of New Mexico, Indiana University, University Reno, University of Texas) initiatives on their campus’s
   C. Discuss and hear ideas for funding sources on campus for EIM service contracts.
   D. Hear ideas and/or share your own idea from other campus EIM initiatives.

III. EIM at University New Mexico and other Universities – Dr. Len Kravitz
   A. Example initiatives at UNM through the Exercise Science program
   B. EIM on Campus ideas from other universities

IV. EIM at Indiana University – Dr. Carol Kennedy-Armbruster
   A. Discussion on finding funding resources on campus and externally to sustain EIM
   B. IU Navy SHAPE Service Contract: http://www.navyfitness.org/shape/
   C. Healthy IU Service Contract: http://www.iu.edu/~welliu/
   D. Recreational Sports as EIM: http://www.iurecsports.org/

V. EIM at University of Texas/Austin – Dr. Dixie Stanforth
   A. Fitness Institute of Texas: http://www.edb.utexas.edu/fit/
   B. Division of Housing and Food Service Wellness Initiative http://www.utexas.edu/student/housing/index.php?site=24&scode=0&id=3300
   C. Recreational Sports: http://www.utrecsports.org/
VI. EIM at University of Nevada/Reno & Clinical examples of EIM – Dr. Mary E. Sanders

A. Student Services Health Education:
   http://www.unr.edu/shc/services/Health-Education.html

Campus Wellness and Recreation: http://www.unr.edu/campusrec,

ACSM’s Health & Fitness Journal articles: Pedometer Trekking with Expedition N-energy, 2009; Extreme Conditioning on Campus, Cracking Open a University Box, 2012.

Article links expire 5/1/13: Go to http://www.acsm.org/ click on “Topical Collections,” then on “Exercise is Medicine on Campus.”

B. Campus Medical School Interdisciplinary Clinical practice:
   http://www.medicine.nevada.edu/weightmanagement/

C. ACSM affiliate, Clinical Exercise Physiology Association (CEPA):
   www.acsm-cepa.org

VII. Sharing from the audience of EIM initiatives on campus.