

# A global movement for movement

Moving professionals. Moving nations. Moving lives.

Open to everyone, a community of practice:

- 👁️ learning together
- 👤 brought to life by working together
- 👏 held together through passion and the value of collective experiences



## Overview

Working with the UK Council of Deans of Health, [Exercise Works!](#) has launched the latest update of its physical activity and health resources designed specifically to support teaching in undergraduate health programmes. The “Movement for Movement” resources equip health and social care students to promote physical activity in the prevention and treatment of disease.

The revised version contains the latest evidence for future health professionals to use in discussing lifestyle medicine with their patients and deliver safe and effective exercise advice.

Ann Gates, Director of [Exercise Works!](#) said: “I’m delighted to be able to launch these updated resources that address one of the most pressing public health challenges of our time. I look forward to seeing how universities use them to strengthen teaching about exercise in their programmes.” The resources are designed to fit all aspects of an undergraduate health care curricula teaching programme including and not limited to: didactic teaching, practice based learning, inter-professional learning, massive open online courses (MOOCs), placement support, and for bespoke individual lecturer/chronic disease specialty use.

For more information: Please contact Ann Gates [annbgates@googlemail.com](mailto:annbgates@googlemail.com)

## Schools Using Movement for Movement

In the UK, there are 83 schools of health and social care. As of December, 2016 16 of 34 medical schools in the UK are using Movement for Movement. It is endorsed for use by UK Council of Deans of Health (highest UK HEI organization).

Examples of best practice use by Universities:

The University of Nottingham

<https://www.nottingham.ac.uk/news/pressreleases/2015/september/exercise-resources-to-revolutionise-health-care-education.aspx>

Sheffield Hallam University

## ACCESS to Movement for Movement

The exercise medicine resources were designed to build capacity in the NHS health care professional workforce on physical activity in the prevention and treatment of chronic diseases. They are free, independently evaluated, peer-reviewed by over 30 experts, and globally accessible for this sole purpose: the teaching and training of undergraduate student health care professionals as defined by the NHS.

## Terms and Conditions

This remit provides free access to the resources for all student: doctors, dentists, all nurses, midwives, pharmacists, and all allied health professionals. It is also available on request for social science courses.

The terms and conditions for free use of the exercise medicine resources are:

- The Dean's of School are to be responsible for maintaining the/all IP, copyright and appropriate use and remit of the resources at all times
- For undergraduate student health care professional course use only
- For all other use please contact Ann Gates as charges for use will apply
- Schools of Medicine and Health are to ensure and monitor secure undergraduate student/lecturer login and access only
- Not for use in Exercise Science courses or any other course that does not result in a health care professional degree or qualification as defined by the NHS
- Every effort should be taken to prevent plagiarism for personal and commercial gain.
- The curator and authors should be acknowledged as the source of the resources at all times.

If you would like access to all 19 modules P1-19 that are saved as pdf secured to your students, please read the attached **Movement for Movement Resource Guide Terms and Conditions**.

If you agree, then send an email to Ann Gates that you will abide by the **Terms and Conditions** by including the following contact information of your 1) school Dean and 2) Faculty Contact for Movement for Movement Educational Materials, scanned with the two signatures, on your school letterhead. Email to Ann Gates [annbgates@googlemail.com](mailto:annbgates@googlemail.com)

Name  
Title  
Organization  
Website  
Telephone  
Email

Once OK'd, you'll be sent a link to Box to copy the 19 modules for use on your school intranet only.

### **Additional Review References**

Modules P1 and P8

Gates AB. "Training tomorrow's doctors, in exercise medicine, for tomorrow's patients"  
Br J Sports Med 2015;49:207–208

Gates AB. "Making every contact count for physical activity—for tomorrow's patients: the launch of the interdisciplinary, undergraduate, resources on exercise medicine and health in the UK"  
Br J Sports Med 2016;50:322–323.

### **Announcements**

Council of Deans of Health: <http://bit.ly/2fkIT19>

BMJ: <http://blogs.bmj.com/bjasm/2016/11/18/exercise-medicine-resources-launched-health-social-care-students/>

BMJ: <http://blogs.bmj.com/bjasm/2016/03/27/6726/>

BMJ: <http://bjsmbeta.bmj.com/content/early/2016/10/26/bjsports-2016-096857>