



SOUTH YORKSHIRE PHYSICAL ACTIVITY SYMPOSIUM 2019

08:00 - 09:00	~ Registration ~	
09:00 - 09:10	Introduction	SEM Committee
09:15 - 09:45	Pregnancy: Effects of Exercise on Pregnancy	Dr Camilla Nykjaer
09:45 - 10:15	Pregnancy: Evidence to Support Public Policy and Clinical Guidelines to Reduce Obesity	Fiona Campbell
10:15 - 10:45	~ Coffee Break ~	
10:45 - 11:15	Extremes of Ages: Exercise and Paediatrics	Dr Rachel Tattersall
11:15 - 11:45	Extremes of Ages: Exercise and Diet for the Treatment of Sarcopenia in Patients with Heart Disease	Dr Simon Nichols
11:45 - 12:00	~ Coffee Break ~	
12:00 - 12:30	Oncology: Exercise Oncology: Building the Evidence Base	Dr Clare Stevinson
12:30 - 13:00	Oncology: An exploration of breast cancer survivors' lived experiences of physical activity	Leanne Livsey
13:00 - 14:00	~ Lunch Provided by Food Works ~	
14:00 - 14:45 15:00 - 15:45	Physical Activity Intervention In Children	Dr Helen Quirk and Ian Pickles
14:00 - 14:45 15:00 - 15:45	Physical Activity and Mental Health, including Bipolar	Gemma McCullough
14:00 - 14:45 15:00 - 15:45	Exercise Prescription	Gabbi Frith and Liam Humphrey
14:00 - 14:45 15:00 - 15:45	Modernising and Digitalising the Great Outdoors	Ben Turner (Athelete_Adventure)
14:00 - 14:45 15:00 - 15:45	Advice for students and new clinicians on how to get involved in SEM	Dr Katie Marino
15:45 - 16:15	~ Coffee Break and Stretch ~	
16:15 - 16:45	Sheffield SEM Society over the Years	Dr Rosh Gunasekera (SheffSEM Founder)
16:45 - 17:00	Goodbyes from Committee	SEM Committee
17:00 -	Final Leg Stretch – Get changed and meet us outside the reception for a picturesque jog around Porterbrook Valley!	



MDU

#SheffPA19

6 CPD points

18TH MAY 2019

Tickets available on Eventbrite £20 (£16 for students)