

Elective Description For: EXERCISE AND NUTRITION

Site: MUMC 2G Pediatric Clinic (CENC)

Description of Elective Experience	Electives are available and could include the following components: *Understand the relevance of physical activity (and inactivity) and nutrition to the health of children and adolescents. *Observe testing in the exercise and body composition laboratories and gain insight into the indications and contraindications for the prescription of exercise and nutritional changes *Become familiar with a weight management program focusing on family-based lifestyle changes. *Engage in on-going research opportunities related to pediatric exercise medicine.
Number of Students	1 Elective per week
Duration of Elective (i.e. available for 2 to 4 weeks)	2-4 weeks
Black-Out Dates (If applicable)	
Limited Availability Dates (If applicable)	Not available over Christmas Holidays
Current Limitations (If applicable)	Horizontal Elective - clinics are not available every day (AM/PM) for block elective experience. Multidisciplinary team allows elective to rotate where needed; not always scheduled for one specific clinic with MD (ie: Exercise Medicine only). Elective could have days where no clinics are booked.
Available To (McMaster Students) (Canadian Medical Students) (International Medical Students)	
Webpage	http://www.fhs.mcmaster.ca/pediatrics/electives.html
OTHER (further information that may be useful for the students, i.e. links to additional resources)	