### 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)**

Not available over Christmas Holidays

**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](http://www.fhs.mcmaster.ca/pediatrics/electives.html)

**OTHER**

(further information that may be useful for the students, i.e. links to additional resources)