

AEROBICS 2019 UPDATE

Aerobic
Exercise
Recommendations to
Optimize
Best practice
In
Care after
Stroke

This **e-AEROBICS** course was developed to guide aerobic exercise prescription after stroke. Currently, persons post-stroke may not receive optimal aerobic exercise interventions due to physiotherapists' lack of awareness of, access to, or confidence in application of, these best practice guidelines.

The e-AEROBICS has an the overall goal of enhancing physiotherapists' knowledge and self-efficacy regarding application of AEROBICS guidelines in clinical practice.

Four interactive, case-based e-learning modules based on AEROBICS guidelines were developed with input from content experts, and application of adult learning and e-learning principles. This electronic learning course is intended for

*Continue to the
e-Aerobics Course*

eAEROBICS Course Developers

- Marilyn MacKay-Lyons
- Marianne Thornton

Acknowledgements for the eAEROBICS Course

- Shelley Bercovitch
- Krista Breithaupt
- Tracey Dyks
- Hillel Finestone
- Jennifer Harris
- Lynn Joseph

Acknowledgements for the AEROBICS Program

- Sandra Billinger
- Marion Che
- Alex Dromerick
- Janice Eng
- Wanda Firth
- Nick Giacomantonio
- Charlene Hafer-Macko
- Christine LaGrand

eAEROBICS Course Content Experts

- Dr. Michael Vallis
- Dr. Sunita Mathur
- Dr. Marilyn MacKay-Lyons

- Rany Shamloul
- Grant Stotts
- Steve Thornton

- Marilyn Mackay-Lyons
- Richard Macko
- Peter Prior
- Robert Reid

- Debbie Timpson

- Neville Suskin
- Ada Tang
- Marianne Thornton
- Karen Unsworth