Learning Objectives: At the conclusion of this presentation, participants should be able to:

1. Recognize the unique physiological properties of eccentric muscle contractions
2. Understand muscle adaptation to dynamic eccentric training in humans
3. Understand the therapeutic application in clinical populations with limited cardiopulmonary capacity including aging

Dr. Taivassalo has disclosed no relevant financial relationships. No one else in a position to control content has any financial relationship(s) to disclose.

CME Information:

Accreditation:
The University of Florida College of Medicine is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

Credit:
The University of Florida College of Medicine designates this live activity for a maximum of 1 AMA PRA Category 1 Credit™. Physicians should claim only the credit commensurate with the extent of their participation in the activity. The VA designates 1.0 hour of Continuing Education credit provided for its employees. Series #7137

If you have any questions regarding this seminar please contact Dr. Christy Carter at cartercs@ufl.edu