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# Learning Objectives

MedBridge

*Cancer in the Older Adult: Exercise and Nutrition*

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## Course Objectives

- An understanding of the process of aging and how genetics, nutrition, exercise, activity and lifestyle impact health and wellness
- Understand nutritional basics and the influence of nutrition on disease/pathology
- An awareness of the role nutrition plays in the aging individual, exercise and wellness.
- Specific knowledge about: exercise and nutritional prescription

## Chapter 1: Nutrition in Cancer

- Understand nutritional influence on cancer pathologies
- Describe the benefits, precautions and contraindications of exercise in cancer patients
- Specific knowledge about: exercise and nutritional prescription in a patient with cancer

## Chapter 2: Exercise in Cancer

- Understand the role exercise has in the prevention of cancer
- Describe the benefits of exercise in a patient with cancer.