**Course title:** The Exercise Prescription for Parkinson's Disease

**Course Speaker:** Daniel Corcos, PhD

**Course description:** Compelling evidence has emerged over the past 5 to 10 years that exercise has symptomatic benefit for people with Parkinson's disease. There is also very strong preclinical evidence that exercise may modify the course of the disease such that it progresses at a slower rate. The symptomatic and disease modifying effects of exercise will be discussed.

**Course Objectives:**
Upon completion of this lecture, the Physical Therapist should be able to:

1. Understand the natural progression of the disease.
2. Discuss the need for people with Parkinson's disease to perform progressive resistance, endurance, and balance exercises.
3. Understand the components of exercise dose: Frequency, Intensity, Time and Type

**Content Level:** Beginner