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30 expected at University of Montana for cardiovascular workshop July 14-18

University of Montana--Missoula. Office of University Relations

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30 EXPECTED AT UM
FOR CARDIOVASCULAR
WORKSHOP JULY 14-18

MISSOULA--

More than 30 educators and recreation personnel are expected to attend a special workshop on physical activity and cardiovascular health at the University of Montana July 14-18.

The five-day program is designed to assist recreation, physical education and medical personnel, and others interested in a greater understanding of the effects of physical activity on the heart and blood vessels.

It will convene in the Women's Center Monday from 1-5 p.m. and 7:45-9 p.m., and Tuesday through Friday from 1-5 p.m. Friday sessions also are scheduled from 9 a.m.-noon.

Subjects covered will include the cardiovascular system in health and disease, determination of cardiovascular fitness, legal liability, and physical education and recreation personnel as exercise therapists.

Highlights include participation programs with follow-up service, group discussions, and a social hour and banquet. Evening exercise sessions will feature jogging, aquatics and aerobics.

Those who desire undergraduate or graduate credit enroll at the summer session office, Field House, room 112. Noncredit workshop participants may register as listeners and pay regular fees. Dr. Walter C. Schwank is summer session director.

Drs. Brian J. Sharkey and John L. Dayries Jr., associate professors of health and physical education at UM, are workshop coordinators.

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