

# PROGRAM DESCRIPTIONS



## HCP Core Curriculum

### **PEAK Background and Rationale** *(Duration: 40 minutes)*

In this module, we will discuss the role of exercise as a pillar of diabetes management as well as explore the benefits and barriers to exercise for people with diabetes. It will also introduce how the PEAK program will provide a foundation for insulin, glucose, and fuelling strategies to lower barriers and discuss strategies for implementing exercise into the diabetes care plan.

### **Physiology** *(Duration: 45 minutes)*

In this module, we will use two clinical case scenarios to demonstrate the hormonal and metabolic responses to various types of exercise in individuals with type 1 diabetes. We will also illustrate the mechanisms for the maintenance of euglycemia, hypoglycemia and hyperglycemia during and after exercise.

### **Nutrition** *(Duration: 45 minutes)*

In this module, we will review nutrition goals for active people with type 1 diabetes. We will identify key areas of nutrition advice to support goals for exercise and understand key questions to ask in order to provide individual nutrition advice.

### **Glycemic Management** *(Duration: 55 minutes)*

Here we will learn about patient's exercise goals, different exercise types and the differences in glycemic management in individuals with type 1 diabetes. We will discuss insulin dose and carbohydrate intake adjustments to prevent hypoglycemia and severe glycemic variations during and after exercise.

## HCP Breakout Session

### **Pump and CGM Technology** *(Duration: 60 minutes)*

We will examine three patient case scenarios to demonstrate the exercise concerns faced by patients with type 1 diabetes. We will discuss how insulin pumps and CGM can help manage glucose changes with exercise.

### **The Recreational and Competitive/Endurance Athlete** *(Duration: 60 minutes)*

In this session, we will use five clinical case scenarios to discuss the physiological mechanisms that operate during exercise and highlight factors to be considered before initiating an exercise program for athletes with type 1 diabetes. In addition, we will recommend ways to adapt an exercise program in recreational and competitive/endurance athletes.

**The Child/Adolescent Athlete** *(Duration: 60 minutes)*

Here we will use three patient case scenarios to demonstrate different exercise concerns faced by children and adolescents with type 1 diabetes. We will further discuss effects of exercise on blood glucose levels and exercise-related nutrition needs in this population.

**Sports Nutrition** *(Duration: 60 minutes)*

In this module, we will learn about nutrition requirements for sports performance and hypoglycemia prevention in people with type 1 diabetes by analyzing two patient case scenarios.