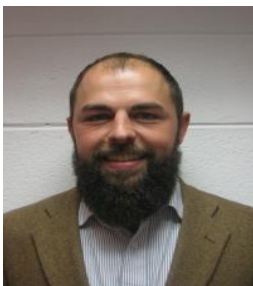




**FSEM ASC 2021 – Exercise is Medicine – Friday 17th September, 2021
8.30 – 18.00**

Exercise is Medicine/FSEM Welcome & Population Health - 8.30 – 10.00

Dr Matt Herring, Dept of Physical Education & Sport Sciences, & Director of the Exercise is Medicine National Centre, University of Limerick



Matthew P. Herring, PhD, FACSM is a Senior Lecturer at University of Limerick (UL) affiliated with the Department of Physical Education and Sport Sciences and the Physical Activity for Health Research Cluster of the UL Health Research Institute, a Visiting Research Fellow in Medical Gerontology with The Irish Longitudinal Study on Ageing (TILDA) at Trinity College Dublin, and Director of the Exercise is Medicine® Ireland National Centre. He received BSc in Psychology, MEd in Counselling, MSc in Exercise Science, and PhD in Exercise Psychology degrees from The University of Georgia in the United States before completing a Post-Doctoral Fellowship in Exercise Psychology at the University of South Carolina. Following post-doctoral work, he joined the School of Public Health at the University of Alabama at Birmingham before joining UL in August 2014.

His research focuses on relations of physical activity and exercise with mental health, particularly anxiety, and their plausible psychobiological underpinnings across the age and health continuums. Dr. Herring's research has critically enhanced our understanding of the role of meeting recommended levels of physical activity in protecting and improving anxiety, the role of exercise training, especially resistance exercise training, in the treatment of subclinical and clinical anxiety (i.e., Generalized Anxiety Disorder), and the modifiable factors which may contribute to variability in anxiety response to exercise training.

Dr Brian Carson, Department of Physical Education and Sport Sciences department, Co-Director of the Exercise is Medicine National Centre, University of Limerick



lifespan.

Dr Brian Carson is an Exercise Physiologist in the Physical Education and Sport Sciences department and Co-Director of the Exercise is Medicine National Centre at the University of Limerick. Brian's research interests are primarily focused on the plasticity and metabolic adaptation of skeletal muscle in response to exercise and how this can be modified through interaction with nutrition. Brian's current research projects are investigating exercise and nutrient interventions to optimise skeletal muscle and whole body metabolism in populations across the health and

Dr Una May, Director of Participation and Ethics, Sport Ireland



Dr Una May has worked with Sport Ireland (previously the Irish Sports Council) since 1998 and has managed the Irish Sports Council Anti-Doping Program since 2001. She is currently the Director of Participation and Ethics in Sport Ireland. She has a PhD in Exercise Physiology (1996) and a BSc (Hons) in Sports Science (1991) from John Moores University, Liverpool. She has represented Ireland in both orienteering and mountain running. Una has been a member of a team of Independent Observers appointed by the World Anti-Doping Agency to monitor the anti-doping programme at the UCI cycling world championships (2001), the Olympic Games in both

Athens (2004) and Turin (2006) and also chaired the team of independent observers at the World Athletics Championships in 2005 and the World Games in 2009. She is a member of the Implementation oversight Group of the National Physical Activity Plan and formerly a Lay representative on the Board of the Faculty of Sport and Exercise Medicine. She also represents Sport Ireland on the All-Island Obesity Action Forum, the LGBTI+ National Youth Strategy Oversight Committee, National Volunteer strategy Group, Comhairle na Tuaithe, Expert Group on Return to Sport and the Town Centres First Advisory Group.

Ms Deirdre Lang, Director of Nursing/National Lead Older Persons Services/Clinical & Integrated Programmes, Office of Nursing & Midwifery Services Director



Ms Deirdre Lang: RGN, Scottish Quality & Safety Fellow (Cohort 10), FFNMRC SI, MSc Leadership, BNS (Hons), Dip Mgt, HDip Gerontological Nursing, HETAC level 6 Special award in coaching. Honorary Teach Associate FFNMRC SI. Deirdre initially trained in St Vincent's Hospital, Elm Park, as a Registered General Nurse. During the early part of her career she spent a number of years working in acute services both in Australia and in Ireland. She has had a variety of experiences in healthcare, having worked in mental health nursing and in practice development. Her experience in Older Persons Services includes the role of Clinical Nurse

Manager 2, Assistant Director of Nursing and Director of Nursing both in the HSE and private sector. Her role as Director of Nursing Older Persons Services brings together all aspects of her experience to date, together with her passion for the older patient and those who provide their care.

Prof Charlie Foster, Professor of Physical Activity and Public Health & Director, Centre for Exercise, Nutrition and Health Sciences, School for Policy Studies, University of Bristol



Charlie Foster is a global leader in systematic reviews and meta-analysis of the evidence base for physical activity, with reviews on epidemiology, correlates, interventions and evaluation of natural experiments.

He has published over 200 papers including research in JAMA, the Lancet and the BMJ, with over 100 as senior author. He has global guidelines development, policy and advocacy experience working with WHO, EC, and CDC USA. He has worked on numerous evidence reviews and evaluations project for Sport England since 2004 and is actively researching the application of systems approaches to sport and physical activity promotion.

Since 2015 he has been the Chair of the UK Chief Medical Officers Expert Committee for Physical Activity, providing advice on exercise and physical activity direct to the CMOs, DHSC and UK Government. He has led the work and produced the final report for the UK CMO 2019 physical activity guidelines. He was awarded an OBE in the 2019 Queen's New Year's Honours list for services to physical activity promotion. Recently he has been advising on COVID-19 and physical activity for the UK CMOs. He feels the promotion of physical activity is both an art and a science.

To Register – Click [HERE](#)

Recording of the webinar will be available to view for 6 months after the event, via Medcafe.

For further details, please contact: Ms Annemarie Creighton,
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Tel: 01- 402 2382 – e-mail: sportsfac@rcsi.ie