

Hi 'User',



This week, AKAdemy in collaboration with [WillKin](#) & [eXpand](#) we are pleased to present

**Understanding Options for Respiratory Rehabilitation**

- [Online lesson 4](#) - Due January 9, 2022
- [Live session](#) - January 10, 2022 @ 5:00pm MST
  - Or phone: (CA) +1 705-419-9367 PIN: 660 207 137#
  - Have your name visible so we can mark attendance

**About the Course**

Lauren Tracey of Willkin Health will take you through a four part series on the pathophysiology of common respiratory illnesses such as chronic obstructive pulmonary disease (COPD), pulmonary fibrosis (PF) and asthma. Learn how to focus your rehabilitation on education and behaviour change programs for optimal results.

**What will be covered**

- Improving knowledge around lung health and it's non-pharmacological treatment
- COPD prevalence, pathophysiology and treatment
- PF prevalence, pathophysiology and treatment
- Asthma prevalence, pathophysiology, the difference between controlled, uncontrolled and severe asthma, pathophysiology and exercise induced asthma (EIA)
- Learn key aspects for assessment and review screening and diagnostic tools



**Presenter**

Lauren Tracey is currently a second-year M.D., C.M. candidate at McGill University's Faculty of Medicine. She holds a B.Sc. H. in Kinesiology and an M.Sc. in Exercise Physiology, both from McGill University.

**[Follow this link to complete this week's online lesson.](#)**

Watch for weekly AKAdemy emails with exciting new topics! Our goal is to bring you content to widen your scope and enhance your clinical strategies. Our courses will equip you with the tools and knowledge that you are looking for to pursue excellence as a Kinesiologist. To see how this course complements the Kinesiology Areas of Practice refer to this [comprehensive outline here](#).

**Next week with [Active Initiatives](#) we are excited to present: [Finding Balance Foundations](#)**

Complete this lesson by February 6, 2022 to stay up to date!