CMEx | COURSE SYLLABI

COURSE 1:

COGNITIVE FITNESS

01. INTRODUCTION

- Welcome
- Course Overview

02. COGNITIVE FITNESS 101

- Cognitive Fitness: Your Number 1 Goal
- Functions of the Brain
- Anatomy of the Brain
- How the Nervous System Works
- How to Test your Cognitive Function
- How Cognitive Function is Shaped Over a Lifetime

03. MEDICAL CONDITIONS THAT AFFECT THE BRAIN

- A Multiplicity of Internal and External Factors

04. STEP 1: EAT A PLANT-BASED DIET

- Emphasize Fruit, Vegetables and Legumes

05. STEP 2. EXERCISE REGULARLY

- Consider Both Cardio Fitness and Strength Training

06. STEP 3. GET ENOUGH SLEEP

- It's Critical for Establishing Long-term Memory

07. STEP 4. MANAGE YOUR STRESS

- Exploring Different Tools and Strategies

08. STEP 5. NURTURE SOCIAL CONNECTIONS

- A Vital Link in Retaining Cognitive Health

09. STEP 6. CONTINUE TO CHALLENGE YOUR BRAIN

- Understanding Your Brain's Need to Learn New Things

10. SUMMARY

- Working the Six Steps into Everyday Life

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COURSE 2:

BACK PAIN

FINDING SOLUTIONS FOR YOUR ACHING BACK

01. INTRODUCTION

- Getting started

02. BACK PAIN 101

- Back pain basics
- Why is back pain so common?
- Anatomy of the back
- Types of back pain
- Diagnosing back pain

03. TREATMENT OF BACK PAIN

- Back pain relief strategies
- Creating a treatment plan
- Medical treatment of back pain
- Surgical options for treating back pain

04. BEYOND DRUGS AND SURGERY

- Assessing your back pain
- Options for treatment
- Back strengthening exercises
- Neck strengthening exercises

05. BONUS INTERVIEW: HARVARD BACK SPECIALIST *DR. JEFFREY N. KATZ*

- Understanding and treating back pain

06. ENDING BACK PAIN

- Parting advice

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COURSE 3:

IMPROVING YOUR MEMORY

01. GETTING STARTED

- What you'll learn

02. HOW YOUR MEMORY WORKS

- How We Remember (and Forget)
- Types of Memories
- Quiz

03. TOOLS TO ENHANCE YOUR MEMORY

- 4 Methods for Memory Improvement
- Organizing Tools
- Behavioral Strategies
- Memory-Enhancing Techniques
- Easy Strategies
- Professional Memory Training
- Quiz

04. 7 STRATEGIES FOR IMPROVING YOUR MEMORY

- Building Stronger Recall
- Strategy #1: Exercise Both Body and Brain
- Strategy #2: Manage Your Diet and Weight
- Strategy #3: Sleep Well
- Strategy #4: Be Socially Active
- Strategy #5: Manage Stress and Treat Depression
- Strategy #6: Limit Alcohol—and Don't Smoke
- Strategy #7: Manage Medical Conditions
- Bonus: Protect Your Brain from Injury and Toxins
- Quiz

05. BONUS INTERVIEW: *DR. KIRK DAFFNER*, HARVARD MEDICAL SCHOOL

- How to Enhance your Memory

06. POINTS TO REMEMBER

- Course Review and Wrap

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COURSE 4:

IMPROVING GLOBAL HEALTH:
FOCUSING ON QUALITY AND SAFETY

LESSON 01. BURDEN

LESSON 02. MEASUREMENT

LESSON 03. STANDARDS

LESSON 04. IMPROVEMENT

LESSON 05. IT and DATA

LESSON 06. MANAGEMENT

LESSON 07. PATIENTS

LESSON 08. PUBLIC SYSTEMS

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COURSE 5:

INTRODUCTION TO TAI CHI

01. GETTING STARTED

- Why Tai Chi?
- Tai Chi Simplified

02. BENEFITS OF TAI CHI

- Tai Cjhi and Your Health

03. STANDING TAI CHI CALISTHENTICS

- How to Practice Standing Tai Chi Exercises

04. TRADITIONAL TAI CHI ELEMENTS

- How to Practice Traditional Tai Chi Elements

05. Seated Tai Chi Calisthenics

- How to Practice Seated Tai Chi Calisthenics

06. BUILDING A TAI CHI ROUTINE

- Your Personal Tai Chi Workout
- Quiz

07. SUMMARY

- Cooldown

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COURSE 6:

MECHANICAL VENTILATION FOR COVID-19

LESSON 01. Principles and physiology of mechanical ventilation

LESSON 02. Initial ventilator setting and adjustments

LESSON 03. Troubleshooting the ventilator

LESSON 04. Ventilating patients in special circumstances including Acute Respiratory Distress Syndrome and Obstructive Lung Disease

LESSON 05. How to perform waveform analysis while monitoring the patient

LESSON 06. How to evaluate a patient for extubation readiness and conduct the extubation procedure

LESSON 07. How standard ventilation practices are different in COVID-19 patients

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COURSE 7:

PLANT-BASED 7-DAY ONLINE COOKING CLASS

MODULE 01. GETTING STARTED WITH PLANT-BASED COOKING

Introduction to Plant-based Diet
- Plant-based Diet versus Animal-based Diet
- Plant-based Diet versus Transition Diet
- Plant-based Diet versus Whole Food Plant-based Diet
- Antioxidants and Oxidative Stress

MODULE 02. Anti-Inflammatory Diet
- Metabolic Syndrome, Diabetes, Heart Disease, Obesity and Cancer

Plant-based Cooking Staples
- Shopping strategies
- Pantry, Refrigerator, Freezer, Garden

Plant-based Cooking Tools and Equipments
- Cooking tools
- Knife skills
- Mise en place

MODULE 03. Fibers and The Microbiome
- Leaky gut and other disease risk

Transitioning (25 Recipes)
- Protein flip
- Dessert flip
- Healthy fast food options

Types of Diet
- Mediterannean, Pescotarian, Vegetarian, Vegan

Plant-based Plate Landscaping

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COURSE 7:

PLANT-BASED 7-DAY ONLINE COOKING CLASS

MODULE 04. Plant nutrients and Cooking Methods 1

- Managing you macronutrients intake
- Preserving the nutrients

Basic Plant-based moist heat cooking methods (15 Recipes)

- Steaming
- Blanching
- Parboiling
- Boiling

MODULE 05. Plant nutrients and Cooking Methods 2

- AGE formation and inflammation
- Preserving antioxidants

Basic Plant-based dry heat cooking methods (15 Recipes)

- Sauteing
- Pan tossing
- Caramelizing
- Roasting

MODULE 06. NUTRITION AND MENTAL HEALTH

The Raw Food Preparation (25 Recipes)

- Vegetable Salads
- Fruit salads
- Dressings
- Blends and Juices

MODULE 07. Healthy Desserts

Meal Planning (25 Recipes)

- 7-day meals
- 2-occassion Plant-based buffet

Conclusion

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