THE U.S. PHYSICAL ACTIVITY GUIDELINES MIDCOURSE REPORT: STRATEGIES TO INCREASE PHYSICAL ACTIVITY IN YOUTH
CONNECT: ESRI SEMINAR

PRESENTED BY:
Dr. Karin Allor Pfeiffer, Ph.D., FACSM
Michigan State University

Dr. Pfeiffer is an Associate Professor in the Department of Kinesiology and faculty in the Center for Physical Activity and Health at Michigan State University. She has been studying physical activity and health-related fitness in children and youth for the past 18 years. She has experience working with age groups ranging from preschool through college. Her main areas of expertise are in measurement of physical activity and interventions to increase physical activity. She has done the bulk of her work in the primary and secondary school setting but has recently engaged in more work in the preschool setting. She serves as the President of the North American Society for Pediatric Exercise Medicine, is on the Leadership Board of the National Youth Sports Health and Safety Institute, and serves on the Board of Trustees of the American College of Sports Medicine. Recently, she was an author of the Physical Activity Guidelines for Americans Midcourse Report.

WHEN:
Wednesday 18th February
12.30-1.30pm

WHERE:
Building 21 (Early Start)
Room 114

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