

THE BADGE ADVANTAGE

WSU's NEW online **Skeletal Muscle as an Endocrine Organ** badge course explores the growing body of research around skeletal muscle as an endocrine organ that releases metabolites that affect other organs.

Included in this study are the metabolic effects of various exercise approaches including practical **Blood Flow Restriction** (pBFR) as this approach can serve as an integral complement to a comprehensive strengthening program across the age and disability spectrum.

WHAT ARE BADGES?

- Badges are academic short courses of one credit hour or less that are designed for working, non-degree seeking professionals.
- Badges are online and self-paced.
- Badges allow students to demonstrate to employers their knowledge, skills and competencies in a subject area.
- A digital recognition of accomplishments that can be shared on social media and linked to a digital resume.
- Coursework is divided into specific topic areas making the workload easier to manage and more affordable.

Students in this course will:

- Describe the physiologic effects of practical Blood Flow Restriction (pBFR)
- List contraindications and precautions of using pBFR with the elderly
- Describe a typical pBFR exercise session
- Evaluate among various BFR tourniquets and compression devices and select the appropriate method for clinic and home exercise program use
- Create a pBFR program for the clinic and home

Course Instructor: Chris Deck, PT, MA, MBA

Chris Deck is leading the way to making the Practical Blood Flow Restriction technology available to all by incorporating the practice as a low-cost clinic intervention and regular home exercise program. For over a decade, Deck has been an engineering/clinical liaison. In addition to multiple research endeavors, he has served on the Industrial Engineering Advisory Boards at K-State and WSU and currently is on the Biomedical Engineering Board at WSU. He has been the CEO of three medical clinics and has successfully written major grants including the Federally Qualified Health Center Grant.



Physical Therapist who complete this course will receive 5 CEUs through the Kansas Physical Therapy Association.

Skeletal Muscle as an Endocrine Organ



COST & SCHOLARSHIP OPPORTUNITY

Cost: \$160 - FULL SCHOLARSHIPS AVAILABLE!

Enroll in a badge course by **Friday, September 14, 2018** and receive a full scholarship for this badge.

Scholarships are limited and available on a first come basis until all funds have been awarded.

NO TEXTBOOK PURCHASE IS REQUIRED. BADGES ARE GRADED BADGE/NO BADGE.

After the scholarship deadline, the cost of the course will return to its original price and a one-time \$10 application fee is required if you have not previously enrolled at Wichita State University.

 badges.wichita.edu
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 WICHITA STATE UNIVERSITY
WORKFORCE, PROFESSIONAL AND COMMUNITY EDUCATION

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