

## 13<sup>th</sup> FIEP European Congress and 29<sup>th</sup> World FIEP Congress

### Innovative Physical Education and Sport

#### Invited Speaker



J. Larry Durstine, Ph.D.  
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**Professor J. Larry Durstine, Ph.D.** is a Distinguished Professor Emeritus in the Department of Exercise Science at the University of South Carolina. Before arriving at the University of South Carolina, Dr. Durstine earned his Ph.D. in Exercise Physiology/Biochemistry and Medical Physiology from the University of Toledo and The Medical College of Ohio at Toledo. He has published 90 peer-reviewed manuscripts and has written and edited nine professional books and more than 40 book chapters. His primary research area is the evaluation of regularly practiced exercise and the impact of a single exercise session on blood lipid and lipoprotein concentrations. Dr. Durstine has other research interest in evaluating the relationships between exercise and novel cardiovascular disease risk factors such as C-reactive protein and Lp(a). Most notable, Dr. Durstine has sought to understand the role of physical activity and exercise in the management of chronic disease. For most diseases, daily physical activity or prescribed exercise will reduce disease risk while having a tremendous impact on primary and secondary disease prevention and treatment. Dr. Durstine has a strong commitment to daily exercise, has run competitively in high school and college, and continues every day to “exercise for the health of it.”

#### **Physical Activity and Exercise in Health and Disease: Across the Lifespan**

The increase in the incidents of many chronic diseases to include cardiovascular, pulmonary, diabetes, obesity, cancer, and kidney disease is presently occurring in most countries of the world and is a primary focus of the World Health Organization. These diseases extract an enormous economic and public health toll, and because of rising incident rates, greater attention is being paid to the comprehensive medical management of disease. Daily physical activity and/or prescribed exercise programming are low cost and are known to have a tremendous positive impact on primary disease prevention and secondary disease treatment by providing health benefits such as

reduced risk for chronic health conditions. As a result of research advancements, daily physical activity and/or prescribed exercise programming has become an essential part of the disease medical management plan, and exercise is presently being viewed by health professionals as a medicine. A chief concern is that children who suffer from chronic diseases such as diabetes that once were considered adult diseases and because these diseases are now being encountered at an earlier age, an unwanted lasting legacy of being unhealthy is to follow these youth into their adult life. The purpose of this presentation is to present information regarding the increasing incidents and trends for chronic adult and childhood diseases, the health benefits of physical activity and exercise, and to encourage physical activity and planned exercise across the lifespan.