

This **e-AEROBICS** course was developed to guide aerobic exercise prescription after stroke. Currently, persons post-stroke may not receive optimal aerobic exercise interventions due to physiotherapists' lack of awareness of, access to, or confidence in application of, these best practice guidelines.

The e-AEROBICS overall goal is to enhance physiotherapists' knowledge and self-efficacy regarding application of AEROBICS guidelines in clinical practice.

Four interactive, case-based e-learning modules based on AEROBICS guidelines were developed with input from content experts, and application of adult learning and e-learning principles. This electronic learning course is intended for physiotherapists to gain skill in screening and prescribing aerobic exercise post stroke.

*Continue to the  
e-Aerobics Course*

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### Acknowledgements for the eAEROBICS Course

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### Acknowledgements for the AEROBICS Program

- Sandra Billinger
- Marion Che
- Alex Dromerick
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