

UCLA Family Medicine Grand Rounds

Exercise as Medicine: A Prescription for Health in Primary Care

Irfan M. Asif, MD



Dr. Irfan M. Asif is a family medicine physician who is also board certified in sports medicine and currently serves as the Chair of the Department of Family and Community Medicine at the University of Alabama at Birmingham (UAB). He is on the Board of Directors for the American Medical Society for Sports Medicine (AMSSM) and is an Associate Editor for both the British Journal of Sports Medicine and Sports Health: A Multi-Disciplinary Approach.

His research explores several domains within sports cardiology with an emphasis on combating physical inactivity for the prevention of cardiometabolic disease. He has been invited to participate and speak at a number of national and international venues, such as the American College of Cardiology Sports and Exercise Cardiology Think Tank and the International Olympic Committee World Conference on the Prevention of Injury and Illness in Sport. For this work, he has earned a number of honors including the AMSSM Best Overall Research Award, the Society of Teachers of Family Medicine Best Overall Research Paper, and the David T. Sisk Award for Best Review Paper in the journal Sports Health.

Dr. Asif is also an avid educator. He has extensive experience as a sports medicine fellowship director and currently serves as the Chair for the AMSSM Fellowship Committee. His recent work includes developing standards of excellence for sports medicine fellowship training programs across the United States and he is also a current member of the writing group that is composing the International Syllabus in Sports and Exercise Medicine Education. Building upon a previous \$7M HRSA grant, he was recently awarded a \$16M HRSA grant to combat the primary care physician shortage through a medical student program to recruit and train students from and willing to serve in rural and urban underserved regions as primary care physicians. His contributions have earned several awards including the Society of Teachers of Family Medicine Resident Teaching Award and the Mayo Clinic School of Continuous Professional Development Course of the Year Award.

**Friday,
Sep 27
2024**

**12:00 -1:00 pm
(PST)**

Scan QR code to register:



For more information, contact:
Laura Sheehan at LSheehan@mednet.ucla.edu
or
Denise Acelar at DAcelar@mednet.ucla.edu

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