



**Defense Health Agency, J-7, Continuing Education Program Office**

**Military Injury Prevention Research to Practice Education Series: Evaluation Nutrition Recommendations and Identifying Predictors to Promote Healthy Weight Gain through Whole Foods in Athletic Individuals**

**Live Course, May 8, 2025**

**Continuing Education (CE)/Continuing Medical Education (CME) Information**

This CE/CME activity is accredited by the DHA, J-7, Continuing Education Program Office (CEPO). This activity provides continuing education for physicians, nurses, physician assistants, athletic trainers, registered dietitians, dietetic technicians, kinesiotherapists, physical therapists, and physical therapist assistants. A certificate of attendance is available for other attendees.

**Military Injury Prevention Research to Practice Education Series: Evaluation Nutrition Recommendations and Identifying Predictors to Promote Healthy Weight Gain through Whole Foods in Athletic Individuals (1.00 clock hour)**

**1300 - 1410 (ET)**

**Learning Objectives:**

1. Summarize current performance nutrition recommendations for intentional weight gain in athletic individuals.
2. Evaluate the literature supporting weight gain regimens for athletic individuals.
3. Discuss gaps in current knowledge related to healthy weight gain.

**Faculty:**

MAJ Allison Sanchez, PhD, RD, CSSD, LD. Presenter has no financial or non-financial relationships to disclose.

**Disclosures:**

DHA J-7 staff, Planning Committee Members and content reviewers have no financial or non-financial interest to disclose. All faculty members have no financial or non-financial interest to disclose.

**Interprofessional Continuing Education (IPCE)**



In support of improving patient care, the DHA, J-7, CEPO is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the health care team. This activity was planned by and for the health care team, and learners will receive 1.00 Interprofessional Continuing Education (IPCE) credit for learning and change.

**Physicians (ACCME)**



DHA, J-7, CEPO is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

DHA, J-7, CEPO designated this internet live course for a maximum of 1.00 *AMA PRA Category 1 Credit™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

**Nurses (ANCC)**

The DHA, J-7, CEPO is accredited by the Joint Accreditation/ Interprofessional Continuing Education (IPCE) to provide this Continuing Nursing Education internet live course for a maximum of 1.00 ANCC contact hour. Nurses should only claim credit commensurate with the extent of their participation in the activity.

## Physician Assistants (AAPA) - Live



DHA, J-7, CEPO has been authorized by the American Academy of PAs (AAPA) to award AAPA Category 1 CME credit for activities planned in accordance with AAPA CME Criteria. This activity is designated for 1.00 hour of AAPA Category 1 CME credit. Physician assistants should only claim credit commensurate with the extent of their participation.

## Athletic Trainers (BOC)



The DHA, J-7, CEPO (BOC AP #: P12034) is approved by the Board of Certification, Inc., to provide continuing education to Athletic Trainers (ATs). This program is eligible for a maximum of 1.0 Category A hours/Continuing Education Units (CEUs). ATs should claim only those hours actually spent in the educational program.

## Registered Dietitians and Dietetic Technicians, Registered (CDR)



Completion of this RD/DTR profession-specific or IPCE activity awards CPEUs (One IPCE credit = One CPEU).

If the activity is dietetics-related but not targeted to RDs or DTRs, CPEUs may be claimed which are commensurate with participation in contact hours (One 60 minute hour = 1 CPEU).

RD's and DTRs are to select activity type 102 in their Activity Log. Sphere and Competency selection is at the learner's discretion.

The DHA, J-7, CEPO is a Continuing Professional Education (CPE) Accredited provider with the Commission on Dietetic Registration (CDR). CDR Credentialed Practitioners will receive 1.00 Continuing Professional Education unit (CPEU) for completion of this activity/material.

## ACCME Non-Physician CME Credit

DHA, J-7, CEPO is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing education. ACCME Non-Physician CME Credit providers will be provided a certificate of participation for educational activities certified for *AMA PRA Category 1 Credit™*. ACCME Non-Physician CME Credit providers may receive a maximum of 1.00 hour for completing this internet live course.

## Physical Therapists and Physical Therapy Assistants (APTA)



The DHA, J-7, CEPO is an American Physical Therapy Association (APTA) Approved Provider of continuing education. This activity was planned by and for the health care team, and learners will receive 0.1 APTA CEU. The assignment of APTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by APTA. APTA CEUs are accepted by most state PT licensing boards. Learners are encouraged to check with their local chapter or state board to ensure that they accept APTA accredited courses for licensure renewal.

## Kinesiotherapists (COPSKT)

Provider# is 050825



This continuing education activity has been accredited by The Council on Professional Standards for Kinesiotherapy (COPSKT) to include 1.00 contact hour/0.1 CEU. DHA, J-7, CEPO accredits enterprise-wide continuing education activities for military and civilian health care professionals. These courses are critical to DHA's goal of providing the best possible quality care to active duty service members, veterans, and their families.

## Other Professionals

All other health care professionals completing this CE/CME activity will be issued a Certificate of Attendance indicating participation and the number of hours of CE/CME credit. This may be used for submission to licensing boards for satisfaction of CE/CME requirements.

## Commercial Support:

No commercial support was provided for this activity.

**Participation Costs:**

There is no cost to participate in this activity.

**CE/CME Inquiries:**

For all CE/CME related inquiries, please contact: [dha.ncr.j7.mbx.continuing-education-office@health.mil](mailto:dha.ncr.j7.mbx.continuing-education-office@health.mil)

**How to Obtain CE/CME Credit:**

To receive CE/CME credit, you must complete the program posttest(s) and evaluation(s) before collecting your certificate(s). The posttests and evaluations will be available through 22 May 2025 at 2359 ET at the following URL:

[www.dhaj7-cepo.com](http://www.dhaj7-cepo.com)