The Exercise is Medicine® (EIM) Continuing Medical Education (CME) Training Curriculum for Health Care Professionals is designed for physicians and health care providers who desire a greater understanding and training in current advances and evidence-based practices for integrating physical activity (PA) counseling as a regular part of their health care practice. This curriculum is designed to provide health care professionals with the necessary tools to discuss key concepts of PA promotion and counseling with their patients and to effect sustainable behavior change that will lead to improved patient health and decreased levels of obesity and chronic diseases. Established in 2013, the EIM CME Training for Health Care Professionals seeks to provide a standardized approach for the international training of health care professionals and the advancement of the core mission of the EIM Global initiative.

The EIM CME Training Curriculum for Health Care Professionals training program consists of six core domains that provide guidance on the key steps necessary for PA assessment and counseling in a health care setting. Each module starts by providing a series of strategies for health care professionals who are able to dedicate only a few minutes of PA counseling, expanding to provide additional, more comprehensive guidance for those who wish to dedicate a greater percent of their time to this important topic. The six core modules, which are intended to be offered over an 8 hour period of time, include:

- Core Module I: Health Benefits of Physical Activity
- Core Module II: Safety Screening & Considerations
- Core Module III: Physical Activity Assessment
- Core Module IV: Prescribing Physical Activity
- Core Module V: Physical Activity Behavior Change
- Core Module VI: Providing Physical Activity Referrals
- Core Module VII: Physical Activity Across the Lifespan
- Core Module VIII: Physical Activity Considerations for Special Populations

Additional elective modules may be offered to provide information that goes beyond that provided by the core modules. These elective modules may be covered in addition to the core modules, at the discretion of the course organizer, to provide a greater depth of knowledge on advanced principles of physical activity counseling and exercise training. These elective modules include:

- Elective Module I: Active Health Technology
- Elective Module II: Advanced Exercise Prescription
- Elective Module III: Obesity and Energy Balance