







- 11) Law CM et al. 2002. Fetal, infant and childhood growth and adult blood pressure: a longitudinal study from birth to 22 years of age. *Circulation*. 105:1088-1092.
- 12) Henry SL et al. 2012 Developmental origins of obesity related hypertension. *Clin. Exper. Pharm. Physiol.* 39 (9), 799-806.

**Feb. 3, 2020 Topic – “DOHaD and adult diseases that may have origin from fetal life” – Obesity”**

**Readings:**

- 13) Ravelli AC, et al, 1999. Obesity at the age of 50 y in men and women exposed to famine prenatally. *Am. J. Clin. Nutr.* 70:811-816.
- 14) Oken E, Gillman MW. 2003. Fetal origins of obesity. *Obes. Res.* 11:496-506.
- 15) Davenport MH, et al. 2013. Timing of excessive pregnancy-related weight gain and offspring adiposity at birth. *Obstet Gynecol.* 122(2, PART 1):255-261.
- 16) Penkler et al. 2018. DOHaD in science and society: emergent opportunities and novel responsibilities. *J Dev Orig Health Dis* doi:10.1017/S2040174418000892.

**Feb. 10, 2020 Topic – “DOHaD and adult diseases that may have origin from fetal life” – Type 2 diabetes/metabolic syndrome”**

**Readings:**

- 17) Hales CN, Barker DJP 1992. Type 2 diabetes mellitus: the thrifty phenotype hypothesis. *Diabetologia* 35:595-601.
- 18) Martin-Gronert M, Ozanne S. 2013. Early life programming of obesity. *Dev Period Med XVII(1):7-12.*
- 19) Boney CM et al. 2005. Metabolic syndrome in childhood: association with birth weight, maternal obesity and gestational diabetes mellitus. *Pediatrics* 115:e290-296.
- 20) Hattersley AT, Tooke JE. 1999. The fetal insulin hypothesis: an alternative explanation of the association of low birthweight with diabetes and vascular disease. *Lancet.* 353:1789-1792.

**Feb. 24, 2020 Topic – “Impact of exercise during pregnancy on chronic disease risk”**

**Readings:**

- 21) Wojtyła A, et al. 2012 Epidemiological studies in Poland on effect of physical activity

[8 Women Who are Pregnant or Postpartum.pdf](#)

- 29) Mottola MF. 2016. Components of Exercise Prescription and Pregnancy. Clin Obstet Gynecol. 59(3):552-8.

**Mar. 9, 2020 Topic “Designing an exercise program across the continuum – from activity restricted to recreational to the elite athlete and using exercise and lifestyle interventions to prevent excessive weight gain and gestational diabetes in pregnant women with risk factors”**

**Readings:**

- 30) Brun C, et al. 2011. Bed-rest-exercise, activity restriction and high-risk pregnancies: A feasibility study. Applied Physiol Nutr Metabolism. 36(4):577-82.
- 31) Mottola MF. 2010. Resistance-Training Strategies During Pregnancy. In: Resistance Training for Special Populations. (Swank, A, Hagerman, P Eds). New York: Delmar Cengage Learning. Pp. 345-356.
- 32) Mottola, MF 2015. Pregnancy, physical activity and weight control to prevent obesity and future chronic disease risk in both mother and child. Current Women's Health Reviews. 11(1):31-40.
- 33) Bø K, Artal R, Barakat R et al. 2018. Exercise and pregnancy in recreational and elite athletes: 2016/2017 evidence summary from the IOC expert group meeting, Lausanne. Part 5. Recommendations for health professionals and active women. Br J Sports Med 52(17):1080-1085.

**Course/University Policies**

1. **Statement on Use of Personal Response System** e p y

video games, DVD players, televisions, laptop/notebook/netbook computers, flashlights or laser

