# Exercise and Substance Use Disorder (SUD) Writing/Discussion Prompts

The following prompts could be used for paper topics, in-class discussion, or discussion board posts within a learning management system (e.g., Canvas). Structure is provided if a written paper is assigned. A rubric can be found at the end of this document.

**Importance of Exercise during SUD Recovery**

**Due:**

**Format:**

**Length:** 1 page

**Purpose:** This writing assignment will create an opportunity to reflect on the importance of nutrition in an individual who use substances or who is early in recovery.

**To Prepare:** Review the presentation “Exercise and Movement in People with Substance Use Disorders.” Reflect on what you believe about the importance of nutrition during substance use and recovery. Find at least 3 credible references to support your opinions and cite them within the paper.

**Prompt**

New legislation is being proposed that includes substance use disorder as a billable health condition for exercise as a form of physical therapy and would expand access to Exercise Physiologists and Other Exercise Professionals for people living with SUD or in recovery for SUD. As a future public health professional, you have been asked for your evidence-informed opinions about the role of substance use and nutrition and whether this legislation should be supported. In one page, introduce the overall topic, state your opinion, incorporate supporting arguments using your references, and conclude with a concise overview of your opinion.

**Exercise and Substance Use Disorder**

**Due:**

**Format:**

**Length:** 2-3 pages

**Purpose:** This writing assignment will demonstrate your understanding of the benefits of exercise in an individual who use substances or who is in SUD recovery.

**To prepare:** Review the presentation “Exercise and Movement in People with Substance Use Disorders.” Consider why exercise is important and should be included as part of treatment in people with SUD. Find at least three credible references to cite within the paper.

**Prompt**

Define the current evidence for the use of exercise in people with SUD. Explain at least three mechanisms that contribute to the benefits of exercise in an individual in SUD recovery. Cite a minimum of three references within your paper.