

EXERCISE MEDICINE IN CANCER MANAGEMENT WORKSHOP SCHEDULE

Overview

We will commence with introductory theory and practice of exercise prescription followed by a lecture on the latest research and clinical practice of exercise as medicine within cancer management. We will then accompany the patient from clinician referral to enrolment, assessment, exercise prescription and follow up, graduation from the fully supervised clinic program to self-management.

Schedule

Topic	Start Time	Approximate Duration (mins)
DAY 1		
Introduction	09:00	30
Principles of exercise prescription <ul style="list-style-type: none"> • Exercise dosage • FITT Principle • Overload • Progressive overload • Acute physiological responses to exercise • Adaptations to chronic exercise • Specificity of training • Variation in Training • Cardiorespiratory (Aerobic) training (MICT & HIIT) • Neuromuscular and musculoskeletal (Resistance) training • Strength and Power • Flexibility training • Components of an exercise session • Periodization • Stages of change model 	09:30	120
Practical Session 1 – Foundation exercise training methods	11:30	90
Lunch	13:00	30
Exercise acute and chronic effects <ul style="list-style-type: none"> • Muscular system • Nervous system • Metabolic system • Skeletal system 	13:30	30
Lecture – Exercise Medicine within Cancer Management	14:00	60
Patient Flow <ul style="list-style-type: none"> • At diagnosis • On referral – physician or self-referral • Pre- Initial consultation • At consultation • Ongoing monitoring and patient review 	15:00	30

Introduction to MyExerciseMedicine patient flow and assessment platform	15:30	30
Health history	16:00	15
Pre-exercise screening	16:15	15
Practical Session 2 – Patient flow, forms and risk stratification	16:30	60
Finish Day 1	17:30	TOTAL 510 mins
DAY 2		
Marketing your Exercise Medicine Service	09:00	30
Building clinician referrals	09:30	10
Recruiting the patient	09:40	10
Informed consent and research participation	09:50	10
Absolute and relative contraindications to exercise assessment	10:00	10
Rating of perceived exertion	10:10	10
Practical Session 3 - Introduction to MyWellness Exercise Prescription Platform	10:20	70
MyExerciseMedicine assessment, data analytics, visualization and reporting	11:30	30
Practical Session 4 - Assessments of cardiorespiratory capacity <ul style="list-style-type: none"> • CPET • Steep Ramp Test • Step test • 400m walk • 6 minute walk 	12:00	30
Practical Session 5 - Assessments of neuromuscular strength <ul style="list-style-type: none"> • Chest press • Leg press • Leg extension • Seated row • Plank 	12:30	30
Lunch	13:00	30
Practical Session 6 - Assessments of functional capacity <ul style="list-style-type: none"> • Timed 6 meter walk • Timed up and go • Sit to stand • Stair climb 	13:30	20

Assessments of quality of life and psychosocial wellbeing - fatigue, anxiety <ul style="list-style-type: none"> SF36 HADS DASS 	13:50	10
Assessments of cancer specific health and status <ul style="list-style-type: none"> FACT-G EORTC 	14:00	10
Assessment of body composition <ul style="list-style-type: none"> DEXA pQCT bioimpedence height weight hip and waist circumference BMI 	14:10	20
Targeted exercise prescription <ul style="list-style-type: none"> cardiorespiratory muscle hypertrophy muscle strength functional performance balance skeletal health fat loss lymphoedema bone metastatic disease pre-habilitation for surgery chemotherapy, radiation therapy, immunotherapy, steroid therapy 	14:30	30
Practical Session 7 – Targeted exercise prescriptions	15:00	30
Telehealth implementation of exercise medicine – COVID-19 and beyond	15:30	30
Long term planning, prescription and periodisation	16:00	10
Nutritional considerations	16:10	10
Graduation to self-management <ul style="list-style-type: none"> Fitness centre Home based Group exercise Park fit Sport as medicine 	16:20	10
Clinician and patient feedback	16:30	10
Case studies and scenarios	16:40	20
Finish Day 2	17:00	Total 480 mins

