

October 16, 2022

## EM194: BRESCIA - Exercise Medicine - II edition



ROBERT NEWTON

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PhD, AEP, CSCS\*D, FESSA, FNCSA

Professor Robert Newton, PhD, AEP, CSCS \* D, FESSA, FNCSA is Professor of Exercise Medicine at Edith Cowan University in Perth.

He has published over 800 papers, including 400 scientific journal articles, 450 abstracts and conference articles, three books, 16 book chapters and has a current Scopus h-Index of 75 with his work cited over 19,000 times. As of 2020, it has attracted over \$ 38 million in competitive research funding.

Professor Newton has been dealing with research in the Strength and Conditioning field for decades and at the moment he is also involved in research in the field of exercise as an aid to cancer rehabilitation therapy, to reduce side effects and improve the effectiveness of surgery, chemotherapy and radiotherapy; studies the influence of exercise on tumor biology and as a tool to reduce the decline in quality of life, strength, body composition and functional capacity in cancer patients.

The data suggest that increased levels of physical activity are associated with lower rates of some types of cancer, better management of side effects of treatments and greater survival.

In the first day the course will focus on the principles of Strength and Conditioning, the appropriate application of these for common comorbidities such as metabolic syndromes (eg diabetes), cardiovascular diseases, common affections of the musculoskeletal system (eg osteoporosis, sarcopenia, tendinopathies, osteoarthritis, etc. ) as well as the effect of these on the immune system.

On the second day, the course will focus on precise exercise recommendations for cancer patients such as primary, secondary and tertiary prevention.

For complete information, consult the detailed program.


**40 Seats**

**€427.00**

**16 Hours**

**Richiesti ECM**
**INTENDED FOR**

 Doctors,  
Physiotherapists, TNPEE

**PAYMENTS**

 Deposit €213.50 within 7  
days from the  
registration

 Balance €213.50 by date  
September 16, 2022

**Total: €427.00**
**CALENDAR**

16-17 October 2022

**LANGUAGE**

 English With Italian  
Translation

This workshop is just the **SECOND EDITION** of the same workshop starting on 14-15 october 2021. No differences between the 1st and 2nd edition.

## SCHEDULE

### PROGRAM

#### DAY 1

Topic	Start Time	Approximate Duration (mins)
Introduction	09:00	30
Principles of exercise prescription <ul style="list-style-type: none"> <li>• Exercise dosage</li> <li>• FITT Principle</li> <li>• Overload</li> </ul>		

<ul style="list-style-type: none"> <li>• Progressive overload</li> <li>• Acute physiological responses to exercise</li> <li>• Adaptations to chronic exercise</li> <li>• Specificity of training</li> <li>• Variation in Training</li> <li>• Cardiorespiratory (Aerobic) training (MICT &amp; HIIT)</li> <li>• Neuromuscular and musculoskeletal (Resistance) training</li> <li>• Strength and Power</li> <li>• Flexibility training</li> <li>• Components of an exercise session</li> <li>• Periodization</li> <li>• Stages of change model</li> </ul>	09:30	120
Practical Session 1 – Foundation exercise training methods	11:30	90
Lunch	13:00	60
<p>Exercise acute and chronic effects</p> <ul style="list-style-type: none"> <li>• Muscular system</li> <li>• Nervous system</li> <li>• Metabolic system</li> <li>• Skeletal system</li> </ul>	14:00	30
Lecture – Exercise Medicine within Cancer Management	14:30	60
<p>Patient Flow</p> <ul style="list-style-type: none"> <li>• At diagnosis</li> <li>• On referral – physician or self-referral</li> <li>• Pre- Initial consultation</li> <li>• At consultation</li> <li>• Ongoing monitoring and patient review</li> </ul>	15:30	30
Coffee Break	16:00	15
Introduction to MyExerciseMedicine patient flow and assessment	16:15	30

platform		
Health history	16:45	15
Pre-exercise screening	17:00	15
Practical Session 2 – Patient flow, forms and risk stratification	17:15	60
Finish Day 1	18:15	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
Coffee Break	11:30	10
MyExerciseMedicine assessment, data analytics, visualization and reporting	11:40	30
Practical Session 4 - Assessments of cardiorespiratory capacity <ul style="list-style-type: none"> <li>• CPET</li> <li>• Steep Ramp Test</li> </ul>		

<ul style="list-style-type: none"> <li>• Step test</li> <li>• 400m walk</li> <li>• 6 minute walk</li> </ul>	12:10	30
<p>Practical Session 5 - Assessments of neuromuscular strength</p> <ul style="list-style-type: none"> <li>• Chest press</li> <li>• Leg press</li> <li>• Leg extension</li> <li>• Seated row</li> <li>• Plank</li> </ul>	12:40	30
Lunch	13:10	50
<p>Practical Session 6 - Assessments of functional capacity</p> <ul style="list-style-type: none"> <li>• Timed 6 meter walk</li> <li>• Timed up and go</li> <li>• Sit to stand</li> <li>• Stair climb</li> </ul>	14:00	20
<p>Assessments of quality of life and psychosocial wellbeing - fatigue, anxiety</p> <ul style="list-style-type: none"> <li>• SF36</li> <li>• HADS</li> <li>• DASS</li> </ul>	14:20	10
<p>Assessments of cancer specific health and status</p> <ul style="list-style-type: none"> <li>• FACT-G</li> <li>• EORTC</li> </ul>	14:30	10
Assessment of body composition		

<ul style="list-style-type: none"> <li>• DEXA</li> <li>• pQCT</li> <li>• bioimpedence</li> <li>• height</li> <li>• weight</li> <li>• hip and waist circumference</li> <li>• BMI</li> </ul>	14:40	20
<p>Targeted exercise prescription</p> <ul style="list-style-type: none"> <li>• cardiorespiratory</li> <li>• muscle hypertrophy</li> <li>• muscle strength</li> <li>• functional performance</li> <li>• balance</li> <li>• skeletal health</li> <li>• fat loss</li> <li>• lymphoedema</li> <li>• bone metastatic disease</li> <li>• pre-habilitation for surgery</li> <li>• chemotherapy, radiation therapy, immunotherapy, steroid therapy</li> </ul>	15:00	30
Practical Session 7 – Targeted exercise prescriptions	15:30	30
Coffee Break	16:00	10
Telehealth implementation of exercise medicine – COVID-19 and beyond	16:10	30
Long term planning, prescription and periodisation	16:40	10

Nutritional considerations	16:50	10
Graduation to self-management <ul style="list-style-type: none"> <li>• Fitness centre</li> <li>• Home based</li> <li>• Group exercise</li> <li>• Park fit</li> <li>• Sport as medicine</li> </ul>	17:00	10
Clinician and patient feedback	17:10	10
Case studies and scenarios	17:20	20
Test	17:40	20
Finish Day 2	18:00	Total 500 mins