

October 23, 2022

## EM224: ROMA - Exercise Medicine



ROBERT NEWTON

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PhD, DSc, AEP, CSCS\*D, FACSM, FESSA,  
FNSCA

Professor Robert Newton, PhD, DSc, AEP, CSCS \* D, FACSM, FESSA, FNSCA is Professor of Exercise Medicine in the Exercise Medicine Research Institute that he established (2004) at Edith Cowan University, Perth, Western Australia. Current major clinical and research directions include: exercise medicine as neoadjuvant, adjuvant and rehabilitative cancer therapy to reduce side-effects and enhance effectiveness of surgery, chemotherapy and radiation therapy; the influence of targeted exercise medicine on tumor biology and exercise medicine for reducing decline in quality of life, strength, body composition and functional ability in cancer patients.

Is an Accredited Exercise Physiologist, Fellow of the American College of Sports Medicine, Fellow of Exercise and Sports Science Australia, Member of the American Society of Clinical Oncology, American College of Sports Medicine and Clinical Oncology Society of Australia. In 2018 he received the career achievement award from the Cancer Council WA. In 2019, Professor Newton was named the Western Australian Scientist of the Year. In 2021, The University of Queensland awarded Professor Newton a Higher Doctorate (DSc) for his research into exercise oncology.

Has published over 980 scientific papers including 502 refereed scientific journal articles, 450 conference abstracts and papers, three books, 17 book chapters and has a current Scopus h-Index of 88 with his work by him being cited over 26,500 times.

Exercise medicine is now established as a highly effective therapy for reducing side effects of cancer treatment, enhancing the effectiveness of chemotherapy and radiation therapy, improving physical function and quality of life for people with cancer, and ultimately increasing survival.

**In the first day** Professor Newton will focus on the principles of exercise prescription and the mechanisms by which targeted exercise influences tumor biology. The application of exercise medicine within cancer management across various cancers, surgery and treatments will be explored in detail. **On the second day**, he will focus will be on practical implementation of an exercise medicine service for cancer patients. Health and fitness assessment of patients with cancer will be explored in detail with practical examples. Targeted exercise therapy to address the predominant health issues presented by patients with cancer will be discussed with practical demonstrations. The day will finish with a series of case studies and real-world

scenarios.



**30 Seats**



**€427.00**



**16 Hours**



**18 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

23 - 24 October 2022

#### LANGUAGE

English With Italian  
Translation

#### **PAY ATTENTION!**

Course location: ROMA @ **HOTEL BARCELÒ ARAN MANTEGNA** - Via Andrea Mantegna, 130, 00147  
Roma (RM)

<https://www.barcelo.com/en-ie/barcelo-aran-mantegna/>

## 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> <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
Exercise acute and chronic effects <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
Patient Flow <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> </ul>	15:30	30

• Ongoing monitoring and patient review		
Coffee Break	16:00	15
Introduction to MyExerciseMedicine patient flow and assessment platform	16:15	30
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

<p>Practical Session 4 - Assessments of cardiorespiratory capacity</p> <ul style="list-style-type: none"> <li>• CPET</li> <li>• Steep Ramp Test</li> <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> </ul>	14:30	10

<ul style="list-style-type: none"> <li>EORTC</li> </ul>		
<p>Assessment of body composition</p> <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