

## EXERCISE ONCOLOGY AT ECU

Clinical research has established exercise as a safe and effective therapy for the management of cancer. In fact, on present knowledge exercise offers the greatest potential as an adjunct therapy to reverse treatment related side-effects and increase the quality and quantity of life in people with cancer. International guidelines recommend people with cancer avoid inactivity even if undergoing difficult treatments and participate in regular aerobic and resistance exercise to maximize health benefits.

‘Exercise Oncology at ECU’ is a professional development course administered by the Exercise Medicine Research Institute for exercise physiologists who work with cancer patients and survivors. This course is designed to provide the knowledge and skills required to design and implement safe and effective exercise programs for people with cancer. The course also provides critical information required for allied health professionals to provide effective advice about the role of exercise in the management of cancer.

The course comprises of two components, a suite of theoretical modules completed online and a one day practical workshop. Participants can enrol in the online modules only or the full course.



## Curriculum Structure

### Theoretical Component:

- Module 1 – Cancer Basics
- Module 2 – Impact of Exercise on Cancer Patients and Survivors
- Module 3 – Pre-Exercise Assessment
- Module 4 – Exercise Prescription for Cancer Patients and Survivors
- Module 5 – Supervision of Exercise Programs for Cancer Patients and Survivors
- Module 6 – Remote Delivery of Exercise to Patients
- Module 7 - Exercise for Advanced Cancer Patients

### Practical Component:

- One day workshop

## Course schedule

The theoretical component of this course runs continuously year round. The schedule for the practical component will be relative to demand. Practical workshops will be held at the Exercise Medicine Research Institute in Perth, Western Australia. Practical workshops will be administered at other capital cities Australia wide according to demand.

## Cost

	Online Modules + Practical Workshop (early bird)	Online Modules + Practical Workshop (standard)	Online Modules
<b>ESSA Member</b>	\$550	\$600	\$450
<b>ESSA Student Member</b>	\$450	\$500	\$400
<b>Allied Health Professional</b>	\$550	\$600	\$450
<b>Allied Health Student</b>	\$450	\$500	\$400
<b>Other</b>	\$550	\$600	\$450

All prices include GST

## Continuing Education Recognition

Participants who successfully complete all components of this course will receive the following continuing education points:

- Exercise and Sports Science Australia:
  - Full course – 15 continuing education points
  - Theoretical component only – 7 continuing education points

## Registration

To enrol in the course please complete and return the registration form. Include 'Exercise Oncology at ECU' in the email subject line or fax cover sheet.

Email: [emri@ecu.edu.au](mailto:emri@ecu.edu.au)

Fax: 08 6304 2499

Mail: Exercise Medicine Research Institute, Edith Cowan University, 270 Joondalup Drive, Joondalup, WA 6027

## Contact details

For more information, please contact the Exercise Medicine Research Institute:

Telephone: +61 8 6304 3444

Email: [emri@ecu.edu.au](mailto:emri@ecu.edu.au)

