



# Exercise Oncology Professional Development Course 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 to 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 online practical workshop. Participants can enrol in the theoretical 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 online workshop

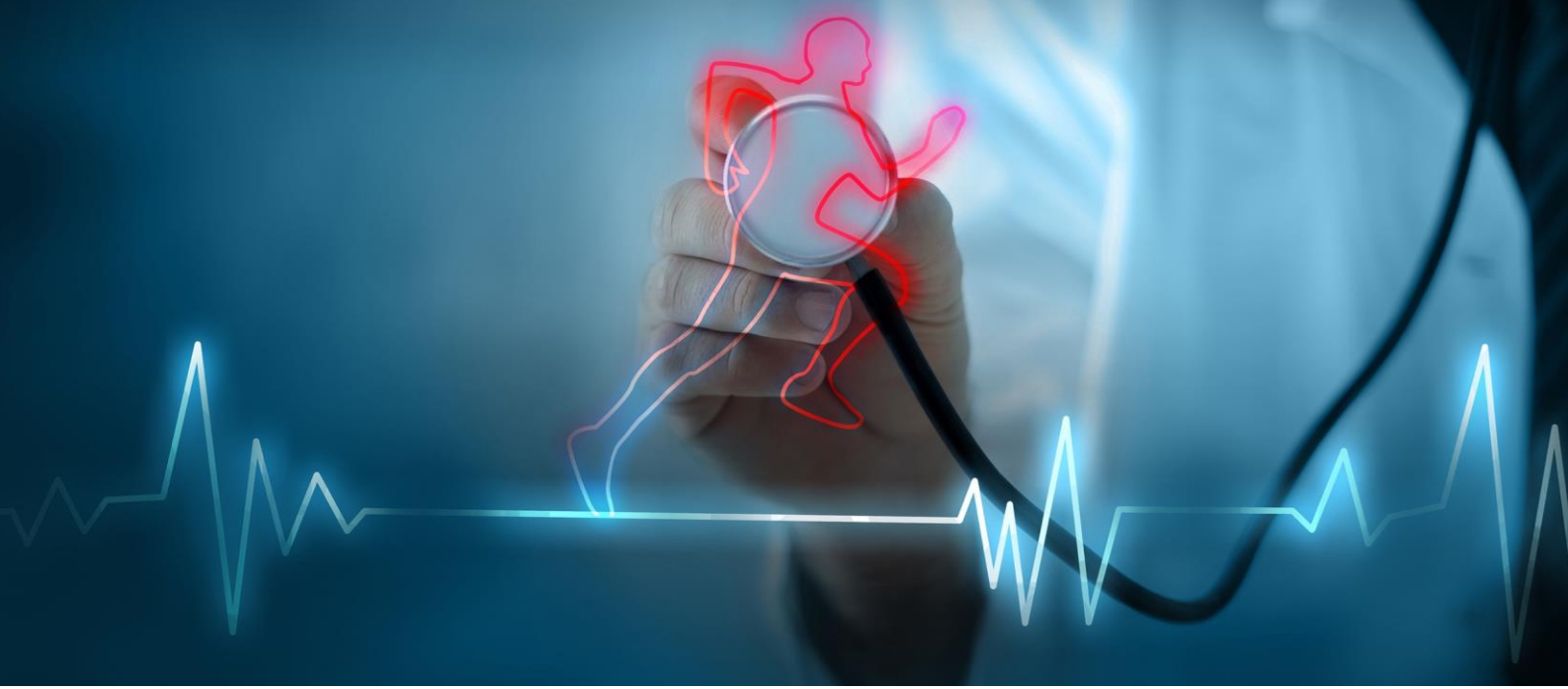
## Course Schedule

- 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 online via Microsoft Teams or Zoom.

## Continuing Education Recognition

Participants who successfully complete all components of this course will receive the following continuing professional development (CPD) points from **Exercise and Sports Science Australia (ESSA)**:

- Completion of full course: 15 CPD points
- Theoretical component only: 7 CPD points



## Cost

	Theoretical + Practical Modules	Theoretical Module Only
ESSA Member	\$600	\$400
ESSA Student Member	\$475	\$350
Allied Health Professional	\$600	\$400
Allied Health Student	\$475	\$350
Other	\$600	\$400

**\*All prices listed above are inclusive of GST**

## Course Registration

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

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

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## Contact Details

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