



ECU
EDITH COWAN
UNIVERSITY

Exercise Medicine
Research Institute

EXCLUSIVE Opportunity!

Join Professor Rob Newton's practical workshop: Exercise Medicine in Cancer Care

Build your exercise oncology capabilities and open new opportunities for your professional practice. Assess, prescribe, deliver and monitor exercise medicine as an adjuvant treatment for people with cancer.

The 1-day practical workshop (part of the full exercise oncology course at ECU) will be delivered in Perth a face-to-face format.

Date: Saturday 14 June 2025
Time: 8:00am - 5:00pm
Location: Vario Health Clinic
Edith Cowan University, Joondalup

Places are limited

Enrol into the Exercise Oncology at ECU - Full Course to secure your booking via the [QR Code](#) or calling 6304 3444



Contact

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For more information please visit exercisemedicine.org.au



Overview

Exercise Oncology at ECU is a professional development course for Medical, Nursing, Allied Health and Fitness Professionals 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 to provide effective advice about the role of exercise in the management of cancer.

The full course cost is \$600 and comprises of two components:

Theoretical - 7 Online Modules

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

- Commence as soon as payment is received for the full course.
- Study the online modules in your own time.
- Completion of online modules prior to the workshop is recommended but not essential.

Workshop - the exclusive 14 June 2025 workshop will incorporate practical hands-on activities including the following:

- Case study discussion and scenarios
- Cancer specific medical history, screening, clinical assessments and monitoring
- Considerations (cancer type, current treatments, side effects)
- Evidence based exercise prescription and guidelines, programming considerations
- Bone Metastases and Exercise

Professor Rob Newton, PhD, DSc, AEP, CSCS*D, FACSM, FESSA, FAHMS is Professor of Exercise Medicine and Deputy Director of ECU's Exercise Medicine Research Institute that he established in 2004. Rob has over 40 years experience as a clinical exercise physiologist and is one of the leading researchers in the field of exercise oncology with over 1,000 publications including 569 journal papers for a h-index of 100 and co-authored the 2009 and 2019 Australian Position Statements on Exercise Medicine in Cancer Management. In 2021, The University of Queensland awarded him a higher doctorate (DSc) for his research in Exercise Oncology. Rob has been a chief investigator on more than 50 clinical trials of exercise in people with cancer and awarded more than \$50m in competitive research grant funding.