



## Special-Refresher Kurs "Exercise Medicine in Cancer Management" | Präsenzveranstaltung im CIO Köln



**Datum/Date:**

22. September 2025 (9:00-17:40 Uhr/ 9 a.m.-6 p.m.) &

23. September 2025 (9:00-18:40 Uhr/ 9 a.m.-7 p.m.)

**Ort/Venue:**

Uniklinik Köln/University Hospital Cologne,

Gebäude/Buildings: TRIO & CIO

**Sprache/Language:** Englisch/English

**Format:** 2-tägiger Präsenz-Workshop / 2-day in-person workshop

**Referent:** Prof. Robert U. Newton, PhD, DSc from Australia - International führender Experte für Trainingsmedizin in der Onkologie/Internationally leading expert in exercise medicine in oncology





Centrum für Integrierte Onkologie  
Aachen Bonn Köln Düsseldorf

## "Exercise medicine in cancer management – Workshop for medical, nursing, Allied health and Fitness Professionals"

**Overview:** This workshop is designed to build on and consolidate the knowledge gained through Module 1 through the practical application of exercise medicine for assessment, prescription, delivery, and monitoring of exercise for people with cancer. There are extensive case study and scenario activities in this module. The aim is to build your exercise oncology capabilities and open new opportunities for your professional practice.

**Structure:** This module is delivered as a 2-day face to face workshop with lectures, practical activities, case studies and scenarios, knowledge and skills assessments, team activities and discussion. There are eight key components:

1. Lectures on key concepts.
2. Delivery of relevant forms and questionnaires for health and fitness assessment and patient reported outcomes. Interpretation and analysis of responses and scores.
3. Practical use of digital tools for exercise assessment and prescription.
4. Hands-on implementation of fitness assessments to participants with subsequent recording and interpretation of results.
5. Performance of key exercises and session programming e.g. cluster sets, HIIT, etc.
6. Writing and critical evaluation of targeted exercise prescriptions for patients of different disease type, stage, and treatment.
7. Q&A sessions with the instructors 8) Case study discussions and scenarios including presentation to simulated MDT and critical evaluation.

**Teilnahmebeitrag/contribution:** regulär/regular 597 Euro, für Studierende/for students 195 Euro

*Jetzt anmelden, begrenze Teilnehmerzahl! / Register now, limited capacity!*

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