

Cancer Exercise Specialist
Workshop/Webinar Lesson Plan & Homestudy Course Content

DAY 1

- 9:00-9:15** **The role of a Cancer Exercise Specialist**
- 9:15-9:30** **What is cancer** - *Definition, types, and classifications.*
- 9:30-10:00** **Genetics & family cancer syndromes** - *What role do they play?*
- 10:00-10:15** **Staging** – *Participants will gain an understanding of what cancer staging means in terms of outcome and prognosis considerations.*
- 10:15-11:45** **Cancer Types and Procedures** – *Participants will learn the most common procedures used for 25 types of cancer, as well as childhood cancer, and how different surgeries, including breast reconstruction, impact physical mobility. Specific exercise protocol for correcting muscle imbalances and range of motion limitations will be addressed and includes exercises for Pilates and Yoga as well as standard rehabilitative exercise protocol.*
- 11:45-12:15** **Childhood Cancer**
- 12:15-1:15** **LUNCH**
- 1:15-2:30** **Breast surgery/reconstruction and Implications for Exercise** - *Participants will gain an understanding of the breast cancer process including surgery, implants, expanders, TRAM, LAT, GAP, and DIEP flap reconstructive procedures and how each of these procedures may affect muscle balance and range of motion. Corrective exercises will be addressed.*
- 2:30-3:30** **Cancer Treatment and Implications for Exercise** - *The goal of this section is for participants to demonstrate an understanding of a variety of cancer treatments and their acute and chronic side-effects as well as how to minimize or prevent them with the proper exercises.*
- 3:30-4:30** **Identification and Prevention of lymphedema and Exercise Recommendations for Lymphedema Patients** - *Participants will gain a general understanding of the lymphatic system and how it may be compromised by radiation and surgery. Participants will learn how to develop a strategic exercise program and progression with the focus on upper and/or lower extremity lymph drainage. Participants will learn specific anatomical sites and how to take baseline measurements to identify any possible swelling that may indicate the onset of lymphedema.*
- 4:30-5:00** **Neurological Complications**

DAY 2

- 9:00-10:30** **Practical: Muscle Balance and Evaluation** - Participants will learn the techniques and research based on the Janda Approach; how to analyze how clients/patients hold their bodies against gravity, identify postural deviations, identify Tonic and Phasic muscles, and create an individualized exercise program that will address muscle imbalances and help to correct these imbalances through the proper combination of stretching and strengthening. Participants will learn how to use a goniometer to measure joint range of motion to determine corrective exercise strategies.
- 10:30-10:45** **Exercise Intensity** - Participants will learn the absolute contraindications and common side-effects associated with various cancer surgeries/treatments and how they will affect exercise programming.
- 10:45-12:00** **Practical: Correcting ROM Limitations** - Participants will learn to establish the existing range of motion available in a joint and compare it to the normal range for that subject. The information will permit the participants to establish a database for the client/patient. This information is used to develop goals and a treatment plan to increase range of motion, minimize pain, and increase functional fitness.
- 12:00-1:00** **LUNCH**
- 1:00-1:45** **Practical: Manual Stretching Techniques** - Participants will learn the principles, differences, and techniques of static, PNF, passive, and active isolated stretching.
- 1:45-2:15** **Benefits of Exercise** - Participants will learn how exercise has been shown to help prevent cancer, minimize treatment side-effects, and help patients recover from surgery and treatment by improving range of motion, correcting postural deviations, and helping them return to their former level of fitness (or better).
- 2:15-2:30** **Cancer Related Pain** - What are the different categories of pain, how are they managed, and how it affects exercise programming.
- 2:30-2:45** **Mental and physical fatigue during and after treatment** - Participants will learn the causes of treatment-related fatigue as well as ideas on how to manage it.
- 2:45-3:00** **Survivorship** - Participants will learn what the stages of survivorship are and how can we as health & fitness professionals help to ensure the success of our clients & patients?
- 3:00-3:15** **Psychology of Fitness** - Participants will gain an understanding of the psychological impact of cancer surgery and treatment on the patients' psyche and to learn how to overcome and some of the many road blocks to participating in an exercise program.
- 3:15-3:45** **Cancer Treatment & Weight Management** - Understand the influence of treatment on body weight and body composition and how you can help your clients & patients make educated decisions about their caloric intake & food choices.
- 3:45-4:00** **Alcohol & Cancer Risk** - Understand how alcohol consumption can increase the risk of developing cancer, developing a secondary cancer, and the negative effects it can have during cancer treatment.

4:00-4:30

Working with Medical Professionals - *Participants will learn how to strategically place themselves as the next step in the health care continuum following patients' release from the hospital or therapy. Participants will learn marketing strategies, self-promotion, advertising, and networking strategies to establish themselves as a Cancer Exercise Specialist and receive medical referrals.*

4:30-5:00

Case Studies - *Participants will address a number of different case studies that include a variety of types of cancer and treatments. They will be asked to identify contraindications to surgery, treatment, and reconstruction, assess lymphedema risk, postural deviations, of motion limitations, and long-term side-effects that can be avoided or managed with exercise and diet. Participants will also address emergency procedures, health history, and medical clearance and establish a comprehensive corrective exercise program for each case study.*

Following the two-day workshop or home study program, participants will take an online exam. The exam consists of 100 multiple choice questions that cover the book and course content.

Participants must get 80% or better to pass the exam and receive their Cancer Exercise Specialist Advanced Qualification and listing on our online directory. If they do not pass the exam, they will be given one opportunity to re-take the exam at no cost. After a second failed attempt, there will be a *\$50.00 re-test fee.*