

# ONLINE TRAINING COURSE OUTLINE

## **CANCER AND EXERCISE TRAINING FOR HEALTH AND FITNESS PROFESSIONALS**

### **MODULE 1: INTRODUCTION TO CANCER**

- 1.1 Cancer Prevalence
- 1.2 Cancer Biology
- 1.3 Cancer Treatment and Side Effects

### **MODULE 2: CANCER AND EXERCISE**

- 2.1 Cancer and Exercise: The Evidence
- 2.2 Cancer and Exercise Guidelines

### **MODULE 3: SCREENING AND ASSESSMENT**

- 3.1 Cancer and Exercise Screening
- 3.2 Health and Fitness Assessments

### **MODULE 4: EXERCISE PRESCRIPTION FOR CANCER SURVIVORS**

- 4.1 Introduction to an Approach for Exercise Prescription
- 4.2 Tumour Considerations for Exercise Prescription
- 4.3 Cancer Continuum and Treatment Considerations
- 4.4 Individual Factors and Additional Implications

### **MODULE 5: PSYCHOSOCIAL CONSIDERATIONS**

- 5.1 Psychosocial Benefits of Exercise for Cancer Survivors

### **MODULE 6: HEALTH BEHAVIOUR CHANGE**

- 6.1 Adopting and Maintaining Change
- 6.2 Behaviour Change: Truths and Myths

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## MODULE 7: INDIVIDUAL AND CLASS MANAGEMENT TECHNIQUES

7.1 Exercise Session and Class Management Techniques

7.2 Scope of Practice

## MODULE 8: KNOWLEDGE TRANSLATION: MOVING PROGRAMS FROM THE CLINIC TO THE COMMUNITY

8.1 Clinic to Community

## MODULE 9: CASE STUDIES

9.1 Case Studies

*To work through the case studies will take aprox. 30-60 minutes*