



# CANCER & EXERCISE

TRAINING FOR HEALTH AND FITNESS PROFESSIONALS



## COURSE WORKBOOK

NICOLE CULOS-REED, PhD, Professor, Faculty of Kinesiology, University of Calgary

LAUREN CAPOZZI, MD, PhD, CSEP-Certified Exercise Physiologist

# Cancer and Exercise Training

## FOR HEALTH AND FITNESS PROFESSIONALS

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### 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

### 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 approx. 30-60 minutes*

## Co-Founder

### **Nicole Culos-Reed, PhD**

PROFESSOR, FACULTY OF KINESIOLOGY, UNIVERSITY OF CALGARY.  
ADJUNCT PROFESSOR, DEPARTMENT OF ONCOLOGY, CUMMING SCHOOL OF  
MEDICINE, UNIVERSITY OF CALGARY.  
RESEARCH ASSOCIATE, PSYCHOSOCIAL RESOURCES, TOM BAKER CANCER CENTRE.



With almost 25 years of academic experience, Dr. Nicole Culos-Reed is an expert in the field of behaviour change in the physical activity domain for healthy and clinical populations.

Her research primarily focuses upon the determinants and outcomes of physical activity for cancer survivors, the psychosocial outcomes associated with a healthy lifestyle, and the translation of evidence into sustainable community-based programming.

Understanding adoption and long-term maintenance of health behaviours are key factors in her implementation science work.

## Co-Founder

### **Lauren Capozzi, MD, PhD, CSEP-CEP**

ADJUNCT ASSISTANT PROFESSOR, FACULTY OF KINESIOLOGY, UNIVERSITY OF CALGARY.

RESIDENT PHYSICIAN, PHYSICAL MEDICINE & REHABILITATION, CUMMING SCHOOL OF MEDICINE.

CERTIFIED EXERCISE PHYSIOLOGIST.



With over 15 years of experience in the fitness industry, and a strong academic and clinical focus on health behaviour adoption and adherence, Dr. Lauren Capozzi delivers practical evidence-based expertise for chronic disease prevention and management.

As a physician, researcher, and exercise physiologist, Lauren brings first-hand clinical expertise to her strong program leadership experience.

Her ongoing research interests include the design of health promotion interventions and the translation of these programs into sustainable community-based programming.

## Training Manual

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

Fourth Edition

- ❖ Detailed overview of cancer diagnoses, side effects, treatments, and the role of exercise
- ❖ In-depth explanation of exercise screening, prescription, and recommendations for various tumour types.
- ❖ Assessment, referral, screening, and procedural forms



#### ELECTRONIC

\$60.00 (including GST)



Copy included in the course registration fee



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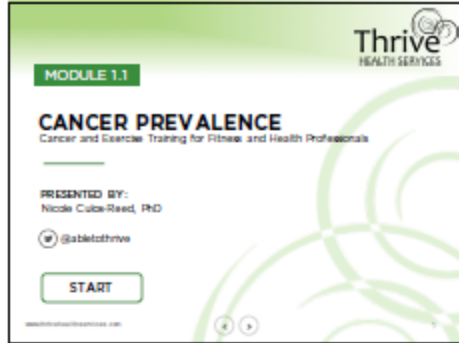
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# Cancer and Exercise Training

## SAMPLE OF ONLINE COURSE MATERIALS



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MODULE 1.1

**CANCER PREVALENCE**  
Cancer and Exercise Training for Fitness and Health Professionals

PRESENTED BY:  
Nicole Cuba-Read, PhD

@abletothrive

START

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**OBJECTIVES**

1 Provide overview of the cancer prevalence statistics

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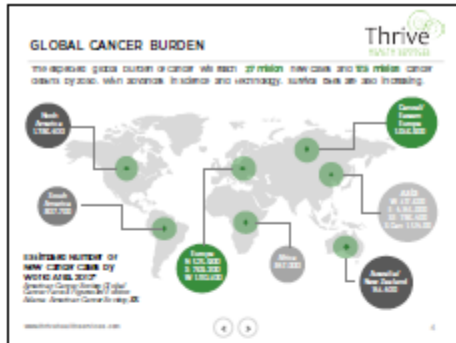
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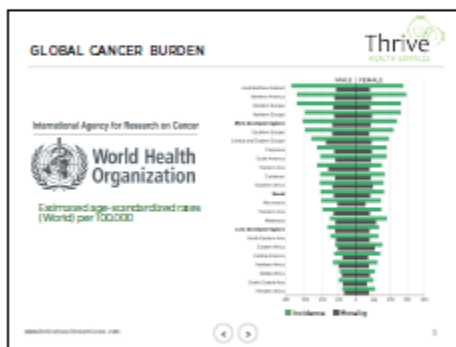
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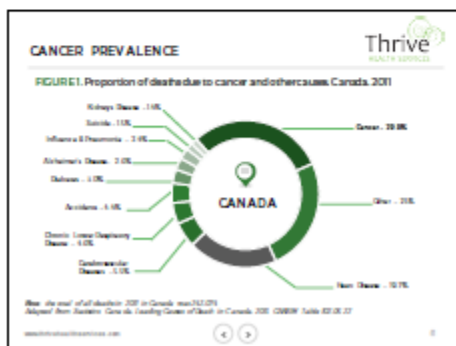
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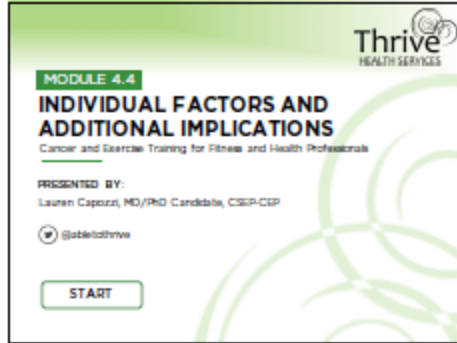
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# Cancer and Exercise Training

## SAMPLE OF ONLINE COURSE MATERIALS



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**MODULE 4.4**

### INDIVIDUAL FACTORS AND ADDITIONAL IMPLICATIONS

Cancer and Exercise Training for Fitness and Health Professionals

**PRESENTED BY:**  
Lauren Capozzi, MD/PhD Candidate, CSEP-CSP

@abletothrive

**START**

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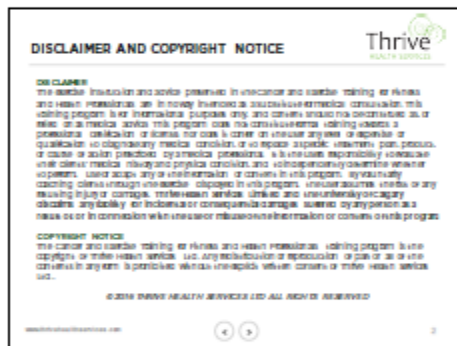
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#### OBJECTIVES

1. Discuss individual patient factors that influence exercise prescription.
2. Review the general cancer exercise guidelines and how to implement the four-level approach to talking exercise.



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# Cancer and Exercise Training

## SAMPLE OF ONLINE COURSE MATERIALS

**CLINIC TO COMMUNITY:**  
**TRUENTH LIFESTYLE MANAGEMENT (LM) PROGRAM**

The goal of the Lifestyle Management solution is to ensure prostate cancer survivors across Canada have access to health professionals and resources needed to be balanced across life.

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**TRUENTH LM PROGRAM**



- Lifestyle interventions for PC survivors increase:
  - Perceived health status
  - Quality of life
  - Survivorship
- Implements & supports evidence-based PC programs as wellness centers across Canada:
  - Physical Activity
  - Nutrition
  - Stress Reduction
- LM programs included as standard care after PC diagnosis

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**TRUENTH ACROSS CANADA**



LOCAL RESOURCES	ONLINE RESOURCES
<b>IN-PERSON COMMUNITY</b> programming - RA, Yoga, Education	<b>CONTINUOUS ACCESS</b> Information for PC survivors & program facilitators
<b>ADAPTABLE</b> to virtual facilitating organizations	<b>REAL-TIME SUPPORT</b> With online office hours
<b>FOSTERS SUPPORT</b> between groups of men	<b>CURRENT INFORMATION</b> updated as new research becomes available
<b>EFFECTIVE CONTROL</b> over message delivery	<b>BUILD COMMUNITY</b> of users across Canada

Visit: [#style.truenth.ca](#)

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