

TSANZSRS ASM pre-conference post-graduate workshop:

The ins and outs of exercise testing and prescription for exercise training in chronic lung disease: what you really need to know

Friday 27th March 2020	
La Trobe Clinical School, Level 4 The Alfred Centre, 99 Commercial Rd, Melbourne VIC 3004	
13:00 – 13:05	Welcome and housekeeping
13:05 – 13:35	Lecture: Review of the physiological response to exercise using the six-minute walk test (6MWT) as the model
13:35 – 15:00	Small groups, concurrent physiological monitoring using portable metabolic cart on healthy volunteers (pre-identified): <ul style="list-style-type: none">• 6MWT (to enable exercise prescription)• 20-min bouts of three modes of exercise<ul style="list-style-type: none">○ Continuous, 80% of 6MWT speed○ Interval, 80% of Wmax○ High-intensity interval training (HIIT), 110% of Wmax
15:00 – 15:45	Group discussion: observed physiological responses to exercise compared to data from person with COPD (pre-prepared)
15:45 – 16:45	Group tutorial 'speed prescription': prescribing exercise in clinical practice for different populations (15 minutes each)
16:45 – 17:00	Panel discussion and closing comments