The University of Northern Colorado Cancer Rehabilitation Institute (UNCCRI) was established in 1996. UNCCRI is the only comprehensive cancer rehabilitation facility of its kind focusing on research, education, and clinical practice. The Institute is committed to improving the quality of life for cancer patients through individualized, prescriptive exercise interventions.

Clinical Cancer Exercise Specialist

LEVEL 2 TRAINING COURSE

JULY 23 – 27, 2018

Monday - Friday 9:00 am - 5:00 pm
Ben Nighthorse Campbell Center

Number of participants is limited!
Register early!

THE TRAINING PROGRAM PROVIDES

- Theoretical foundation in cancer etiology, carcinogenesis, treatments, toxicities, and the benefits of prescriptive exercise
- Screening and critical evaluation of medical information
- Cancer-specific assessments, including vitals, body composition, functional screening, balance testing, pulmonary testing, cardiovascular assessment, muscular strength, muscular endurance, flexibility, and range of motion
- Invaluable, hands-on, practical clinical experience
- Cancer-specific exercise prescription and creation of an exercise intervention

UNIVERSITY OF
NORTHERN COLORADO

Cancer Rehabilitation Institute

WHO SHOULD ATTEND A LEVEL 2 WORKSHOP

This workshop is designed for health care professionals working with cancer patients in exercise settings. Exercise physiologists, physical therapists, nurses, nurse practitioners, rehabilitation specialists, personal trainers, and other medical professionals are encouraged to attend. A bachelor's degree in a related field is required. Completion of the CCES Level 1 Certification is not required.

COURSE CONTENT

Theoretical Foundations

The basics of cancer will be discussed in this section along with cancer treatments and therapies, and treatment-related physiological and psychological alterations and toxicities. These alterations that occur with cancer treatments will be discussed in relation to the severe fatigue that affects up to 96% of cancer patients.

Screening

Participants will learn the process for new client referral and entry into a cancer rehabilitation program or qualified exercise intervention. Additionally, participants will learn invaluable skills on medically screening new clients and how to interpret complex cancer histories for safe and effective assessment.

Assessment

Hands-on practical experiences are a critical component of this workshop. Participants will be given individual instruction and correction of cancer-specific assessments and procedures. Participants will gain skills in the measurement of vitals, body composition, functional assessment, balance screening, pulmonary measurement, cardiovascular endurance and stress testing, muscular strength and endurance testing, and the measurement of flexibility and range of motion.

Calculation and Interpretation of Data

Participants will learn how to calculate and interpret the values collected during assessments and learn how to quantify and qualify these data for exercise prescription.

Exercise Prescription and Exercise Intervention

Participants will learn how to use the data from screenings and assessments to appropriately and accurately prescribe exercise and create a detailed exercise intervention. The Phase Training model of cancer rehabilitation will be discussed and participants will learn how to incorporate these Phases into their practice and how to generate exercise prescriptions of the highest quality and effectiveness. Additionally, exercise interventions for various types of cancer patients will be designed and critiqued. Purposeful programming and contraindications for various cancer types and treatments will be discussed.

This workshop is the only training course that offers hands-on instruction in cancer-specific assessment, prescription, and exercise intervention with the highest level of quality and effectiveness.

COST

$2500 per person which includes: the four day course, lunch and snacks each day, educational materials, practical clinical experience, and the CCES Level 2 Certification Exam. College graduate credit is available for an additional fee.

Register online at **www.unco.edu/nhs/cancer-rehabilitation-institute/education/workshop/**
OR complete and submit the attached registration form. Make checks payable to
University of Northern Colorado Cancer Rehabilitation Institute.
Payment is due at the time of registration. Payment required in US dollars.

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