

Building capacity and advancing exercise oncology practice: developing a pediatric exercise oncology training program for fitness professionals

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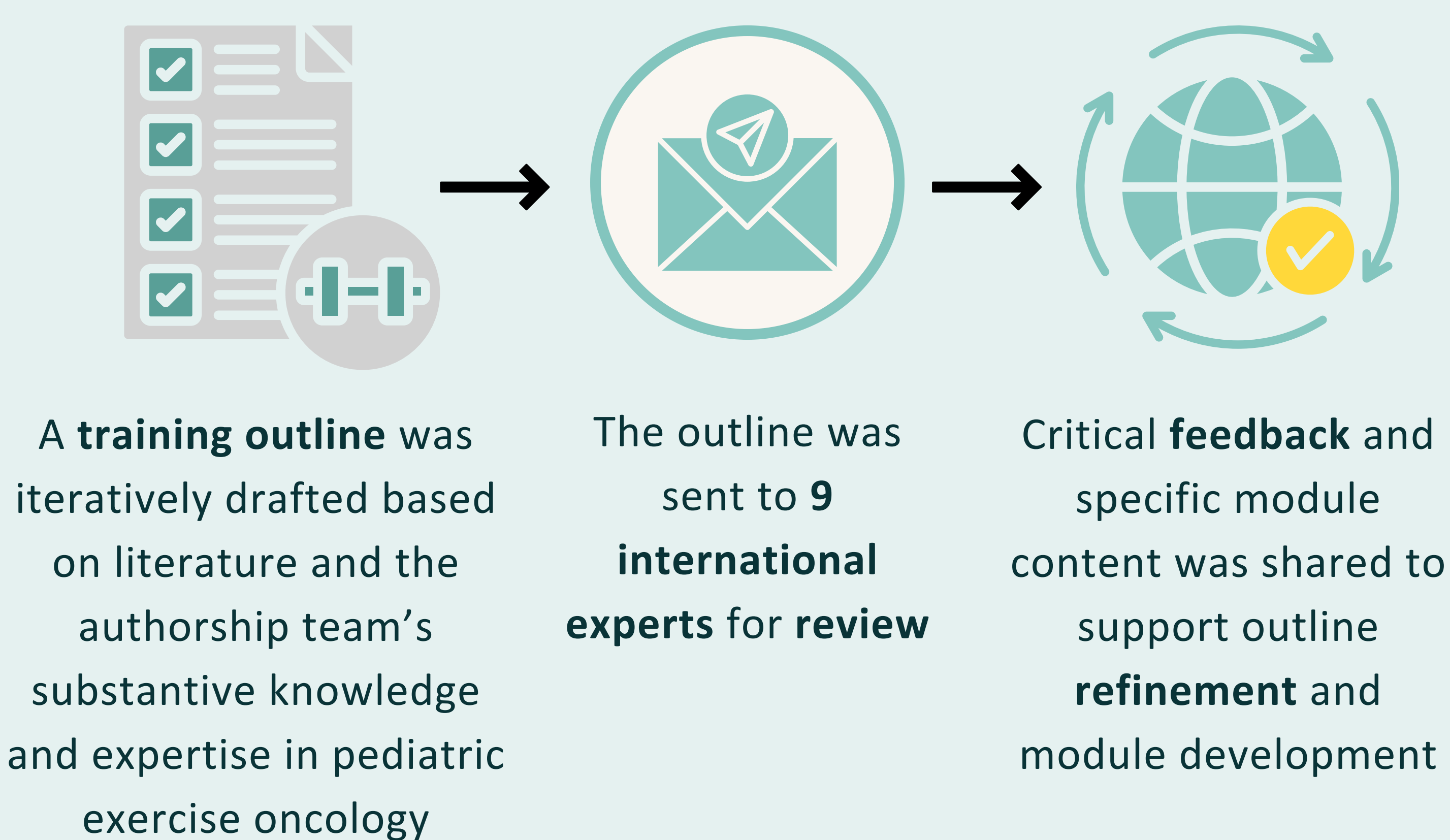
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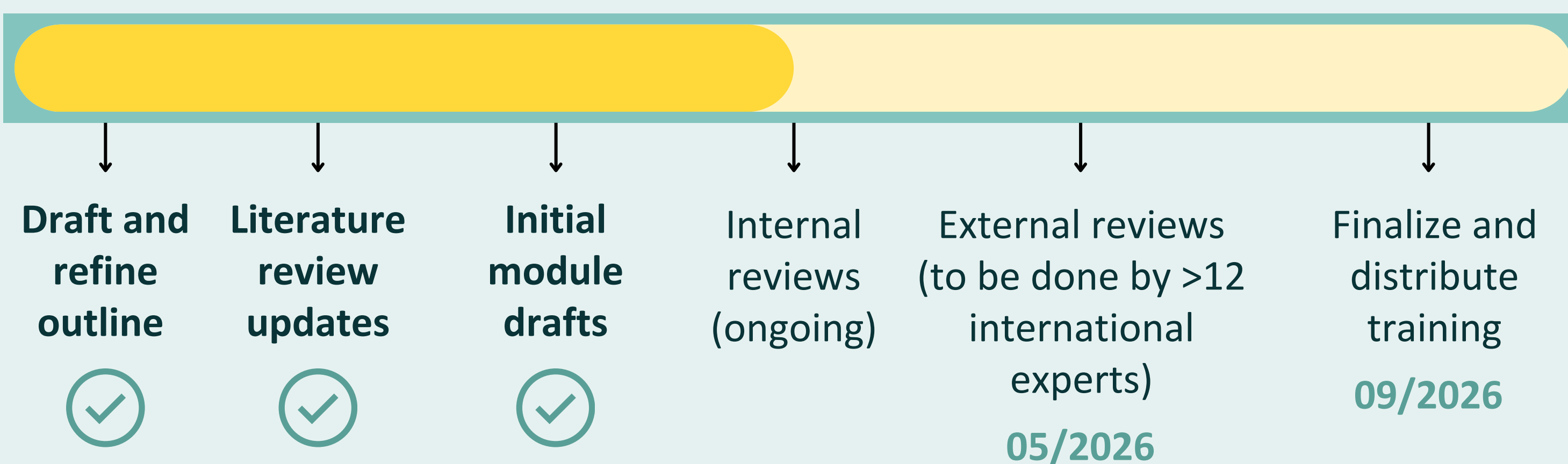
BACKGROUND

- Supervised exercise is **safe, beneficial, and recommended** for children and adolescents living with and beyond cancer
 - Fitness professionals (e.g., certified exercise physiologists, personal trainers) hold specialized qualifications to **prescribe and deliver exercise** and have a clearly defined role supporting exercise in this cohort
- There are **limited training opportunities** to equip fitness professionals with the knowledge needed to deliver exercise in this population
- The lack of training poses a barrier to wider-spread exercise delivery and implementation
- Aim:** to develop a **module-based, online pediatric exercise oncology training program** for fitness professionals

METHODS



Overview of Timeline



Overview of Training

- Each module is approximately 30-45 minutes and delivered asynchronously (recorded)
- Slides and workbook of all materials provided to download

Introduction to pediatric exercise oncology

General overview and importance of physical activity and exercise

Understanding pediatric cancer and its treatments

Pediatric cancers, prevalence, and treatments

Physical and psychosocial impacts of cancer and its treatments

Evidence, guidelines and recommendations for PA

On- and off-treatment

Principles of PA and exercise

Screening, assessments, individualization (i.e., treatment, age, diagnosis), and key considerations for safety

Common considerations and contraindications

Fatigue, weakness, neuropathy, weight, cognitive challenges, medical emergencies, etc.

Implementing PA interventions

Current programs and resources including age-related considerations

PA behaviour change support

Theoretical and practical guidance, motivational strategies

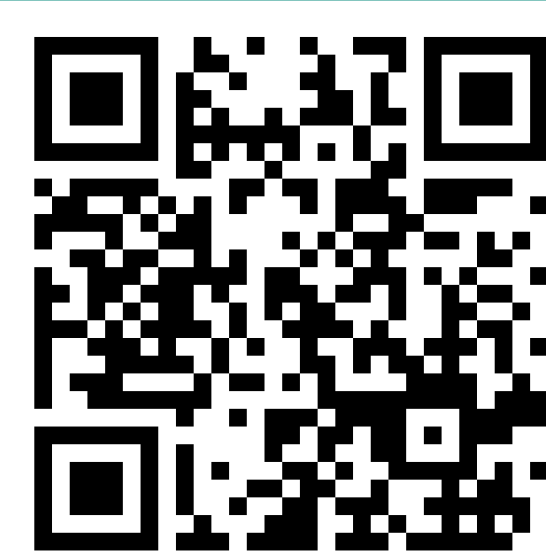
Case studies and practical tasks

Resources

References, additional reading, support networks

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Objectives

- Review types of cancer diagnosed in children, adolescents, and young adults
- Explore treatments for child and adolescent cancers
- Learn about medical issues to be aware of when promoting physical activity

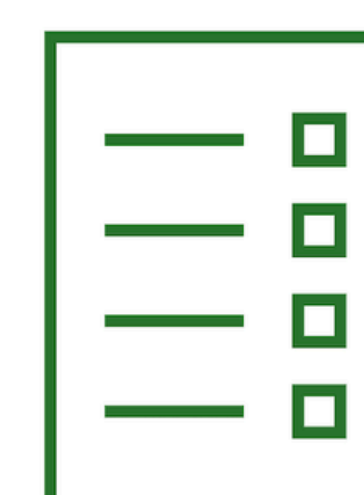


Figure 1.

Example of module slides: "Understanding pediatric cancer and its treatments"

CONCLUSIONS

- This work represents a **critical step** toward **competency building** in pediatric exercise oncology
- This training may help ensure a broader range of fitness professionals have access to the knowledge needed to support safe and **engaging exercise**
- Next steps include **reviewing, finalizing and distributing** the training and gathering feedback in the form of open- and close-ended questions
 - Feedback will cover: **confidence, satisfaction, and areas for improvement**

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