

ERS School Course
“Clinical exercise testing”
Rome, Italy

Day 1

Thursday, February 17, 2011

Fundamental principles

- 09:00– 09:15** Introduction – P. Palange, S. Ward
09:15 – 09:45 Introduction to exercise physiology– S. Ward
09:45 – 10:15 Exercise-based assessments: incremental exercise – B. Whipp
10:15 – 10:45 Exercise-based assessments: “constant-load” exercise – S. Ward
10:45 – 11:15 Laboratory vs field testing– S. Singh

11:15 – 11:45 *Coffee Break*

Tutorials

- 11:45 – 13:00** The symptom-limited incremental test
C. Gallagher
L. Puente-Maestu
P. Palange
S. Ward

13:00 – 14:15 *Lunch*

Practical laboratory session: Incremental test

- 14:15 – 16:15** Incremental test: equipment and protocols
C. Gallagher
R. Gosselink
S. Ward
B.J. Whipp

16:15 – 16:30 *Coffee Break*

16:30 General Discussion – B.J. Whipp

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Day 2

Friday, February 18, 2011

The patient with lung disease

- 09:00 – 09:30** Exercise testing in lung disease - C. Gallagher
09:30 – 10:00 Lung mechanics - R. Pellegrino
10:00 – 10:30 Muscle strength and endurance - R. Gosselink
10:30 – 11:00 Exercise-related perceptions - G. Scano

11:00 – 11:30 *Coffee Break*

Tutorials

- 11:30 – 13:00** Lung and heart disease
C. Gallagher
P. Onorati
P. Palange
L. Puente-Maestu

- 13:00 – 14:15** *Lunch*

Practical laboratory session: Constant-load test

- 14:15 – 17:15** Constant-load test: protocols
R. Gosselink
P. Palange
B. J. Whipp
S. Ward

- 16:15 – 16:30** *Coffee Break*

- 16:30** General Discussion – B.J. Whipp



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Day 3

Saturday, February 19, 2011

Clinical applications

- 09:00 – 09:30** Asthma in athletes – A. Todaro, C. Mauri
09:30 – 10:00 Paediatric exercise testing - K-H. Carlsen
10:00 – 10:30 Exercise in rehabilitation - L. Puente-Maestu
10:30 – 11:00 Evaluating the prognosis of cardiac and pulmonary patients - P. Palange

11:00 – 11:30 *Coffee Break*

Tutorials

- 11:30 – 12:30** The design of a rehabilitation programme
R. Gosselink
L. Puente-Maestu
S. Singh
P. Palange

12:30 – 13:45 *Lunch*

- 14:15 – 17:30** Principles of exercise testing and interpretation
P. Palange
S. Ward
B. J. Whipp

15:15 – 15:45 *Coffee Break*

15:45 General discussion and final examination - P. Palange, B.J. Whipp

