

# EACPR Hands on Course

## Performing Exercise Intervention Trials in cardiovascular prevention and rehabilitation

This course is aimed at providing an in depth analysis of the methodology for performing exercise intervention trials in cardiovascular prevention and rehabilitation, combined with a practical “hands-on” approach of exercise testing and exercise training.

### Course director

Professor Martin Halle (Munich, Germany)  
Professor Marco Guazzi (Milano, Italy)

### Date & Venue

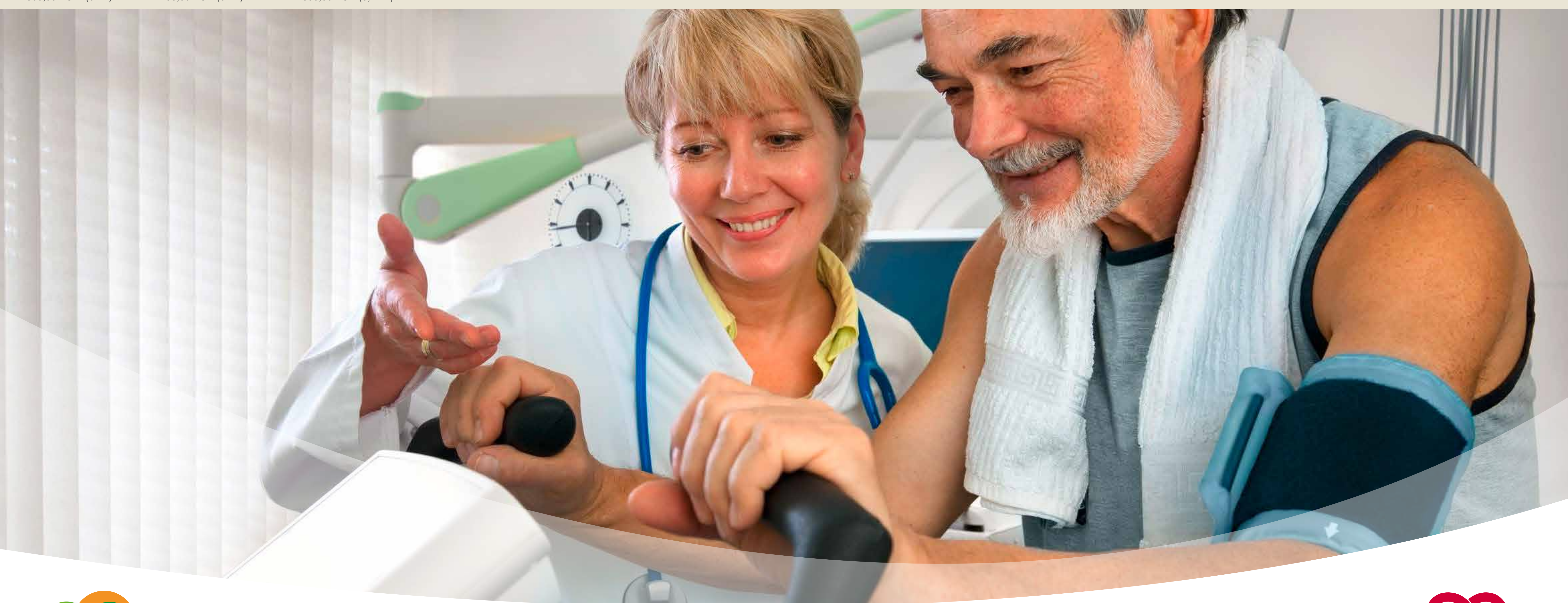
19 - 20 March 2015  
Center of Prevention, Rehabilitation and Sports  
Medicine, Georg-Brauchle-Ring 58, Room M001,  
Munich, Germany

### Target Audience

- ➔ Exercise physiologists
- ➔ Sports scientists
- ➔ Epidemiologists
- ➔ Physicians
- ➔ Exercise and life-sciences research personnel
- ➔ Doctoral students, PhDs



<sup>1)</sup> 1.500,00 EUR (6 m<sup>2</sup>)    <sup>2)</sup> 750,00 EUR (3 m<sup>2</sup>)    <sup>3)</sup> 850,00 EUR (3,4 m<sup>2</sup>)





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### Day one

- ➔ Introduction
- ➔ What can we learn from previous intervention trials?
- ➔ Ongoing trials in cardiovascular prevention • Key Challenges
- ➔ Assessment of physical activity by questionnaires
- ➔ Assessment of physical activity by accelerometers
- ➔ Assessment of cardiopulmonary fitness by exercise testing
- ➔ Assessment of nutrition by questionnaire
- ➔ Hands-on • Muscular Function
- ➔ Hands-on • Vascular and Cardiac function
- ➔ Hands-on • Cardio-pulmonary Exercise testing
- ➔ Hands-on • Exercise Training
- ➔ Planning a Grant Application and Study Design: from Idea to Application
- ➔ How to get the most of your statistics: Power calculation & other methods
- ➔ Closing remarks

### Day two

- ➔ Visit of exercise intervention training center with patients in ongoing trials
- ➔ Visit of clinical prevention clinic • outpatient clinic for prevention and sports medicine
- ➔ Workshop • Planning a real study
- ➔ Workshop • Writing a real synopsis for a study
- ➔ Closing remarks

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