



# Clinical Exercise Testing: Basic Principles and Practice

12-13 March 2020

Rome, Italy

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## Day 1: Thursday, March 12, 2020

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08:00–08:30	Course registration
08:30–08:40	Welcome – P. Laveneziana, P. Palange
08:40–09:00	Introduction: why CPET? – P. Laveneziana
09:00–09:45	Exercise physiology: the metabolic response to incremental exercise – S. Ward
09:45–10:30	Exercise physiology: the ventilatory response to incremental exercise – P. Palange
10:30–11:00	<i>Coffee break</i>
11:00–11:45	Exercise physiology: the cardiovascular response to incremental exercise – P. Agostoni
11:45–12:15	Equipment and methodology – R. Casaburi
12:15–13:00	The key variables and their meaning – P. Laveneziana
13:00–14:00	<i>Lunch</i>
	<b>Tutorials and Practical laboratory sessions</b>
	Incremental test P. Onorati/M. Di Paolo, P. Palange, P. Laveneziana, S. Ward
	Participants will rotate sessions in their tutorial groups.
14:00–15:00	Round 1: Equipment and test design
15:00–16:00	Round 2: Test performance and interpretation
16:00–16:30	<i>Coffee break</i>
16:30–17:45	Panel discussion (including data presentation / test reporting by P. Laveneziana, P. Agostoni, R. Casaburi, S. Ward, P. Palange)

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## Day 2: Friday, March 13, 2020

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08:00–08:30	Exercise physiology: the metabolic limitation to exercise – P. Onorati
08:30–09:15	Exercise physiology: the ventilatory limitation to exercise – P. Laveneziana
09:15–10:00	Exercise physiology: the pulmonary gas exchange and pulmonary vascular limitation to exercise – P. Laveneziana, P. Palange
10:00–10:30	<i>Coffee break</i>



- 10:30–11:00** Exercise physiology: the cardiovascular limitation exercise – P. Agostoni  
**11:00–11:45** Field testing and methods for assessing physical activity – S. Singh
- 11:45–12:30** **Tutorials**  
CPET interpretation: tips and pitfalls  
P. Agostoni, P. Laveneziana, P. Palange/M. Di Paolo, P. Onorati
- 12:30–13:30** *Lunch*
- 13:30–15:30** **Practical laboratory sessions**  
Incremental exercise test: equipment and protocols  
P. Palange, P. Onorati, P. Laveneziana, S. Ward  
  
Participants will rotate sessions in their tutorial groups
- 13:30–14:30** Round 1: Equipment and test design  
**14:30–15:30** Round 2: Test performance and interpretation
- 15:30–16:00** *Coffee break*
- 16:00–17:30** CPET response patterns - S. Ward, P. Agostoni, P. Onorati, R. Casaburi, P. Laveneziana, P. Palange
- 17:30** *Closing remarks*