### Day 1: Thursday, October 22, 2020

<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
</tr>
</thead>
</table>
| 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 | Coffee break
| 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 | Lunch

**Tutorials and Practical laboratory sessions**
Incremental test
P. Onorati/M. Di Paolo, P. Palange, P. Laveneziana, S. Ward

Participants will rotate sessions in their tutorial groups.

<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
</tr>
</thead>
</table>
| 14:00–15:00 | Round 1: Equipment and test design
| 15:00–16:00 | Round 2: Test performance and interpretation
| 16:00–16:30 | Coffee break
| 16:30–17:45 | Panel discussion (including data presentation / test reporting by P. Laveneziana, P. Agostoni, R. Casaburi, S. Ward, P. Palange)
Day 2: Friday, October 23, 2020

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  Coffee break

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