



Clinical Exercise Testing: Basic Principles and Practice

12-13 March 2020

Rome, Italy

Day 1: Thursday, March 12, 2020

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.

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, March 13, 2020

 LIVE	08:00–08:30	Exercise physiology: the metabolic limitation to exercise – P. Onorati
 LIVE	08:30–09:15	Exercise physiology: the ventilatory limitation to exercise – P. Laveneziana
 LIVE	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>
 LIVE	10:30–11:00	Exercise physiology: the cardiovascular limitation exercise – P. Agostoni
 LIVE	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	<i>Lunch</i>
	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	<i>Coffee break</i>
 LIVE	16:00–17:30	CPET response patterns - S. Ward, P. Agostoni, P. Onorati, R. Casaburi, P. Laveneziana, P. Palange
 LIVE	17:30	<i>Closing remarks</i>