



ADVANCING PROSTATE CANCER CARE: THE ROLE OF EXERCISE ONCOLOGY IN CLINICAL PRACTICE

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Upon completion of this workshop delegates will have advanced their practical skills, clinical knowledge, and applied abilities in the safe and effective delivery of exercise medicine for people with cancer. They will be proficient in conducting functional, strength, and cardiorespiratory assessments, interpreting patient-reported outcomes and clinical data, and designing tailored exercise prescriptions for a range of cancer types, stages, and treatments. Delegates will demonstrate competency in applying digital tools and evidence-based frameworks, presenting cases to simulated multidisciplinary teams, and critically evaluating treatment plans. This hands-on experience ensures delegates are equipped to integrate exercise oncology into clinical practice with confidence, ethical awareness, and professional rigor.



Thursday 21 August, 2025
0830 – 1245

WORKSHOP CHAIRS

Professor Daniel Galvao & Ms Molly Lowther



SPEAKERS

Professor Rob Newton
Professor of Exercise Medicine, Exercise
Medicine Research Institute, Edith
Cowan University, WA



Dr Shelley Kay
Exercise Physiologist Oncology,
Research Fellow Exercise Oncology,
Chris O'Brien Lifehouse, NSW

0830-0835	Welcome & Introductions
0835-0905	Exercise medicine in cancer management - applied review Professor Rob Newton & Dr Shelley Kay Reinforce key principles from the latest research and clinical practice within a practical context and identify the role of exercise within cancer care pathways.
0905-1030	Patient assessment and exercise prescription Professor Rob Newton & Dr Shelley Kay Practical skills: resistance and aerobic training. Patient Screening and Risk Stratification. Functional, Physiological QoL and Psychosocial Assessment.
1030-1100	Morning Tea
1100 -1130	Patient assessment and exercise prescription Professor Rob Newton & Dr Shelley Kay Practical workshop continues using performance, observation and feedback.
1130-1230	Advanced Prescription Planning and Critical Evaluation Professor Rob Newton & Dr Shelley Kay Group-based prescription task simulating MDT presentation. Create, justify and present exercise prescriptions for varied patient cases.
1230-1245	Capstone Case Studies and Scenario-Based Practice Prof Rob Newton & Dr Shelley Kay Apply all learned skills to realistic case scenarios, demonstrating clinical reasoning, communication and decision-making.
1245-1330	Lunch

**Program correct at time of publication.*

FIND OUT MORE

Scan the QR code to learn more about the APCC25 workshops.

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