



## 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	<b>Welcome &amp; Introductions</b>
0835-0905	<b>Exercise medicine in cancer management - applied review</b> 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	<b>Patient assessment and exercise prescription</b> 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	<b>Morning Tea</b>
1100 -1130	<b>Patient assessment and exercise prescription</b> Professor Rob Newton & Dr Shelley Kay  Practical workshop continues using performance, observation and feedback.
1130-1230	<b>Advanced Prescription Planning and Critical Evaluation</b> 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	<b>Capstone Case Studies and Scenario-Based Practice</b> Prof Rob Newton & Dr Shelley Kay  Apply all learned skills to realistic case scenarios, demonstrating clinical reasoning, communication and decision-making.
1245-1330	<b>Lunch</b>

*\*Program correct at time of publication.*

### FIND OUT MORE

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

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