

EACPR Hands on Course:

Performing Exercise Intervention Trials in cardiovascular prevention and rehabilitation

I - Event profile

- **Proposed dates:** 19-20 March 2015
- **Venue:** Center of Prevention, Rehabilitation and Sports Medicine, Georg-Brauchle-Ring 58, Room M001, Munich, Germany
- **Course director:** Martin Halle
- **Learning Objectives:** This course is aimed at providing an in depth analysis of the methodology for performing exercise intervention trials in CV prevention and rehabilitation, combined with a practical "hands-on" approach of exercise testing and exercise training.
- **Target Audience:** Exercise physiologists, sports scientists, epidemiologists, physicians, exercise and life-sciences research personnel, doctoral students, PhDs

II Preliminary Programme

Thursday 19 March 2015

09.00 Introduction

Martin Halle, Munich, Germany
Marco Guazzi, Milan, Italy

09.10 What can we learn from previous intervention trials? (LOOK Ahead, HF Action, SMARTEX)
Martin Halle; Munich, Germany)

09.30 Ongoing trials in cardiovascular prevention: Key Challenges (OPTIMEX trial)
Axel Pressler, Munich, Germany

10.00 Assessment of physical activity by questionnaires
Martin Halle, Munich, Germany

10.30 Assessment of physical activity by accelerometers
Jeff Christle, Munich, Germany

11.00 Assessment of cardiopulmonary fitness by exercise testing
Marco Guazzi, Milan, Italy

11.30 Assessment of nutrition by questionnaire
Nicole Erickson, Munich, Germany

12.00-13.00 Lunch break

13.00 Imaging of early atherosclerosis for intervention trials
Paul Leeson, Oxford, England

13.30 Hands-on Vascular and Cardiac function: endothelial function, retinal artery assessment, IMT, diastolic function
Axel Pressler, André Duvinage, Martin Halle, Renate Oberhoffer, Julia Elmenhorst, Munich, Germany; Paul Leeson, Oxford, England; Marco Guazzi, Milan, Italy

14.30 Hands-on Cardio-pulmonary Exercise testing
Marco Guazzi, Milan, Italy, Martin Halle, Germany, LIVE-Test

15.30 Hands-on Exercise Training

Jeff Christle, Munich, Germany

16.30 Planning a Grant Application and Study Design: from Idea to Application

Martin Halle, Germany, (optional Paul Leeson, England)

17.00 How to get the most of your statistics: Power calculation & other methods

Bernhard Haller, Munich, Germany

18.00 Closing remarks

Martin Halle, Munich, Germany

Marco Guazzi, Milan, Italy

19.30 Dinner

Friday 20 March 2015

09.00 Visit of exercise intervention (training center with patients in currently ongoing trials)

Martin Halle, Germany and staff

10.00 Visit of clinical prevention (outpatient clinic for prevention and sports medicine)

Martin Halle, Germany and staff

11.00 Workshop: Planning a real study

Martin Halle, Germany, Marco Guazzi, Milan, Italy, Paul Leeson, Oxford, England

12.00-13.00 Lunch

13.00 Workshop: Writing a real synopsis for a study

Martin Halle, Munich, Germany, Marco Guazzi, Milan, Italy, Paul Leeson, Oxford, England

14.00 Closing remarks

Martin Halle, Munich, Germany, Marco Guazzi, Milan, Italy