



Course Title: **Essential Exercises for Cancer Patients and Survivors**

Produced by: **Fitness Learning Systems**  
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Course Type: **e-Learning Home Study**

Credit hours: IACET (International Association for Continuing Education and Training) 0.2 (2 Hours) Approved and Accepted by several additional organizations.

Author:

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Tina Schmidt-McNulty is Registered Nurse and also holds a Masters of Science degree in Clinical Exercise Physiology. She is an ACSM Certified Exercise Specialist, AEA Aquatic Fitness Professional, and ACE Group Fitness Instructor. She is an instructor trainer for the Arthritis Foundation for both land and aquatic exercise programs and plays an integral part in the Purdue University Calumet Bachelor of Science degree in Fitness Management as an Adjunct Professor. Tina has been involved in the fitness industry for over 15 years as a presenter, author and instructor. She has been a presenter in the past at AWKA conventions and has also created the Gravity vs. Buoyancy: Friend and Foe eLearning course through FLS. In her spare time, she enjoys exercising, teaching and spending quality time with her husband and 2 children.

Course Summary:

Out of approximately 500,000 estimated yearly deaths from cancer in the United States, evidence suggests that one-third may be attributed to lifestyle habits related to diet and physical activity including obesity. ("American Cancer Society guidelines on nutrition and physical activity for cancer prevention", 2012) Fitness professionals need to be aware of both the benefits of exercise and the consequences of physical inactivity. Cancer is a very serious diagnosis with a multifaceted approach starting from identification all the way through treatment. As a health-fitness professional, all aspects need to be considered when creating a safe and effective exercise program. Consulting the treatment team for exercise clearance and recommendations sets the building blocks for success. Each curriculum should be individualized and based on treatment, fatigue,

possible physical challenges, previous exercise experience and acceptance. Exercise agenda may vary daily and you need to incorporate empathy and flexibility to encourage small achievements to long-term goals. This course includes basic information about cancer and exercise guidelines. Videos guide you through a simple exercise progression for clients with cancer or who are cancer survivors. In the search for a cure, physical activity proves a valuable tool in prevention, treatment and a progressive return to daily living activities.

### Objectives:

After completing this course you will:

1. Discuss and recognize cancer facts, types, 2 stages, 5 risk factors, and multiple causes.
2. Recognize how diet and physical activity can play a role in all aspects of cancer.
3. Discuss 5 treatments used in the cancer process.
4. Describe the role exercise plays in prevention, progression, and rehabilitation of cancer.
5. Describe 13 exercise contraindications and 6 special considerations for clients with cancer.
6. Recognize safe and effective basic exercise guidelines for cardiorespiratory, resistance, and flexibility training for clients with cancer or recovering from cancer.
7. Describe safe and effective basic resistance training exercises for 5 basic muscle groups with varying levels to be used for clients in various stages of the cancer process and recommendations for flexibility exercises.

### Outline:

Cancer

Facts about Cancer

Types of Cancer

Stages of Cancer

Risk Factors for Cancer

Causes of Cancer

Diet and Physical Activity

Exercise and Cancer

Treatment for Cancer

Surgery and Radiation

Chemotherapy

Hormones

Biological Response Modifiers (BRMs)

Exercise

Role of Exercise in Cancer

Cardiorespiratory Endurance

Resistance Training

Progression of Cancer

The Role of Exercise in Prevention

Exercise Contraindications

## Special Considerations Exercise Recommendations

Cardiorespiratory Exercise  
Resistance Training  
Resistance Training Exercises

### Chest Press

Level 1  
Levels 2 and 3  
Level 4  
Level 5  
Level 6

### Squat

Level 1  
Level 2  
Levels 3 and 4

### Core

Level 1  
Level 2  
Level 3  
Level 4

### Upper Body Combination

Level 1  
Level 2  
Level 3  
Level 4  
Level 5

### Upper Back

Level 1  
Level 2  
Level 3  
Level 4

## Flexibility

## Emerging Cancer Concepts

Cancer Resources  
Color-coded surgery

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