

OncoVie® Cancer Exercise Specialist

Advanced Qualification · 15th Edition

It takes a special person, both empathetic and compassionate, to work with cancer patients. One must have a deep understanding of exercise oncology and know how to create a safe, effective exercise program with proper modifications and progressions. The **OncoVie® Cancer Exercise Specialist (CES)** program, now in its **15th Edition**, gives you the tools and confidence to work safely and effectively with cancer patients and survivors at every stage of the recovery journey.

Who is it best suited for?

The CES program was developed for health and fitness professionals seeking a complete understanding of the entire cancer process, from diagnosis and treatment to reconstruction and survivorship. This evidence-based program is designed to help fitness professionals attain a higher level of mastery and work with cancer patients during and after surgery and treatment, and into survivorship.

How do I earn the CES qualification?

To become an OncoVie® Cancer Exercise Specialist, you will complete four modules. Each module includes a 15th Edition handbook, a series of accompanying videos, and quizzes throughout the coursework to assess your comprehension. You will then pass a comprehensive final examination with a score of 80% or better, after which you will be recognized as an OncoVie® Cancer Exercise Specialist by the Cancer Exercise Training Institute.

To help you grow your business and make it easy for cancer patients and survivors to find you, you will be added to the **International OncoVie® Cancer Exercise Specialist Directory** for as long as your specialist designation remains current.

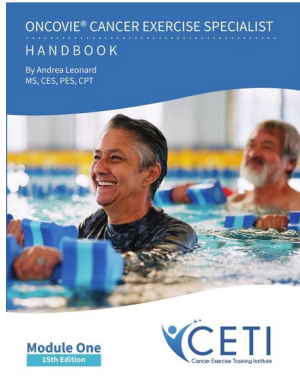
Always current

We update all materials every two years to maintain the most current, evidence-based content in the industry. This ensures every OncoVie® Cancer Exercise Specialist stays proficient in the ever-changing field of cancer treatments and procedures. To maintain your Specialist designation, you will re-qualify every two years.

COURSE CURRICULUM

MODULE ONE

15th Edition



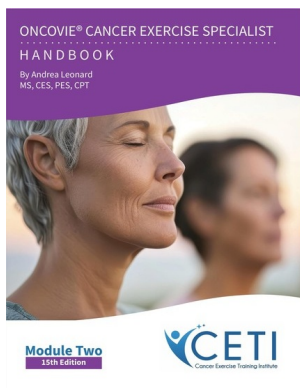
Get an in-depth look at the most common surgical procedures for 26 of the most common cancer types, as well as childhood cancer. Gain deeper insight into acute and chronic side effects and contraindications of surgical procedures, cancer staging, genetics, and the human biome and immune system. Includes a video introduction and welcome from Dr. Jay Harness and a video by Dr. La Gary Carter on “Exercise as Medicine.”

Topics covered

- What Is Cancer?
- Cancer Staging
- The 5 Stages of Grief
- What to Say to a Friend or Loved One
- Being a Caregiver
- Genetics
- The Immune System and Human Biome
- Important Considerations for Exercise Programming
- Surgical Incisions
- Acute and Chronic Side Effects
- Contraindications
- Childhood Cancer

MODULE TWO

15th Edition



Learn about breast cancer risk factors, recommended surgeries, treatment, and reconstruction, as well as side effects, complications, and lymphedema prevention and management. Video sessions include scar tissue awareness with Denise Stewart, OT; upper and lower extremity lymph drainage exercise programming with Andrea Leonard; Mindful Breathing with Ed Harrold; and Cancer and Comorbidities with Dr. Mark Kelly.

Topics covered

- Types of Breast Cancer
- Risk Factors
- Breast Surgery and Reconstruction
- Cancer Treatment
- Neurological Complications
- Lymphedema
- Scar Tissue Awareness with Denise Stewart, OT
- Cancer and Comorbidities with Dr. Mark Kelly
- Mindful Breathing

MODULE THREE

15th Edition



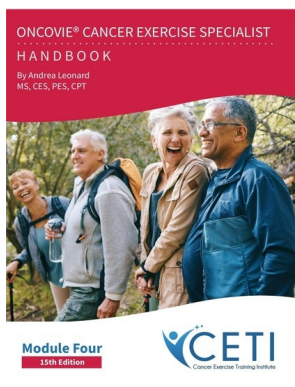
Learn to conduct a postural assessment, goniometric measurements, and other testing methods, and understand the balance of agonists and antagonists to build individualized programming around range-of-motion limitations, postural deviations, and acute and chronic side effects. Practice manual stretching techniques for muscle imbalances and strengthen the core while training proprioception and balance with the BOSU® Balance Trainer. Includes video sessions on assessment protocol with Andrea Leonard.

Topics covered

- Posture, Pain, and Muscle Imbalance
- Conducting a Comprehensive Assessment
- Correcting Muscle Imbalances and Exercise Programming
- Cardiorespiratory Fitness and Exercise Intensity
- Cardiomyopathy
- Common Side Effects, Complications, and Recommendations
- Using a Goniometer: Correcting Range-of-Motion Limitations
- Core and Balance Exercises
- Nervous System Side Effects
- Manual Stretching Techniques

MODULE FOUR

15th Edition



Gain critical knowledge about how a properly prescribed and executed exercise program helps cancer patients and survivors combat fatigue and reduce depression and pain, and how diet plays a critical role in treatment and long-term survivorship. Includes CAM and Culinary Medicine with Dr. Manuel Guzman, GLP-1 Medication and Cancer with Dr. Anna Schwartz, and an in-depth video discussion between Andrea Leonard, President and Founder of CETI, and Dr. Tami De La Melena.

Topics covered

- Benefits of Exercise
- Cancer-Related Pain
- Mental and Physical Fatigue
- Survivorship
- Psychology of Fitness
- Cancer Treatment and Weight Management
- Nutrition Science in Oncology
- CAM and Culinary Medicine with Dr. Manuel Guzman
- GLP-1 Medication and Cancer with Dr. Anna Schwartz
- Alcohol, Smoking, and Cancer Risk
- Emotional Health and Cancer
- Working with the Medical Community
- Forms

Completing the Program

Home Study

After completing your video sessions and quizzes, you will take a comprehensive final examination.

Home-study participants have **180 days** to complete all coursework.

Live or Virtual Workshop

A two-day comprehensive training with lecture, hands-on assessment training, exercise prescription, and case studies. The final exam must be completed online within **90 days** of the workshop.

CETI's coursework is intended for **all** fitness professionals: yoga, Pilates, Barre, ZUMBA®, and group exercise instructors, as well as personal trainers and exercise physiologists. You will learn how to modify and adapt your protocol to meet the needs of cancer patients during and after treatment.