



**BACPR Exercise Professionals Group Study Day Programme - Friday 12<sup>th</sup> May 2023**  
***Exploring Complexity and Cardiovascular Exercise Provision***

8:45 – 9:15	<b>Coffee, Registration and Exhibition</b>	
9:15 - 9:30	Welcome and housekeeping	Sue Young <i>Chair, BACPR EPG</i> Dr Kathryn Carver <i>BACPR President</i>
<b>Session 1: Chair: Sue Young / Dr Eddie Caldow</b>		
9.30 - 10.00	Cardio-oncology exercise considerations	Prof. Anna Campbell MBE
10.00 – 10.25	The effects of lifestyle, exercise and the breath on cardiac arrhythmia	Dr. Vivienne Ezzat
10.25 – 10.50	Taking a multimorbidity approach to exercise-based rehabilitation	Prof. Rod Taylor
10.50 – 11.00	Question and Answers to speaker panel	
11.00 – 11:30	<b>Break and Exhibition</b>	
<b>Session 2: Chair: Lindsay Smith / Helen Alexander</b>		
11:30 – 11.55	Prescribing resistance exercise for sarcopenia	Dr. Christopher Hurst
11.55 - 12.20	Including resistance-based exercise into cardiovascular rehabilitation programmes	Natalie Graham
12:20 - 12.30	Questions and Answers to speaker panel	
12.40 - 13:10	<b>ACPICR AGM</b>	
13:15 - 13.45	<b>BACPR Exercise Instructor Network Meeting</b>	
12.30 – 13.50	<b>Lunch and Exhibition</b>	
<b>Session 3: Chair: Vicky Hatch / Helen Alexander</b>		
13.50 - 14.10	Update from APICR, BACPR EIN and BASES	
14.10 - 14.40	Oral Abstract Session	
14.40 - 15.10	<b>Walk, step, cycle;</b> novel variations on a theme in assessing functional capacity	Prof. John Buckley
15.10 – 15.20	Questions and answers to speaker panel	
15.20- 15.30	<b>Closing Remarks / Tea and Networking opportunity</b>	<b>Sue Young</b>