

International HEACR

in Cooperation with the Institute for Cardiology and Sports Medicine,
Department of Preventive and Rehabilitative Sport and Exercise Medicine
at the German Sport University Cologne and University of Oulu, Finland



ergoline
AKADEMIE

26. – 28. October 2018

How to setup and run a cardiac rehabilitation and prevention programme

General Information

Venue

Trainer-Academy, German Sport University Cologne

Course Directors

Prof. Birna Bjarnason Wehrens (DSHS, Cologne, D)

Dr. Roland Nebel (Mettnau Kliniken, D)

Dr. Arto Hautala (University of Oulu and HUR, Finland)

Local organizing committee

HEACR

akademie@ergoline.com

Registration

Registration fees include:

course participation, course materials,

lunches and coffee breaks, one dinner with social event

Hotel accommodation and transportation are not included in the fees

Proposal for Hotel accommodation will be provided after registration

Registration Fees: 495,00 €

Please consider the conditions for participation on the registration formular

For further information please contact: akademie@ergoline.com

Scientific Program

Program

Friday, 26. October 2018

08.00 - 09.00 Uhr

Registration

09.00 - 09.15 Uhr

Welcome

09.15 - 10.00 Uhr

Cardiac rehabilitation in Germany and Europe

10.15 - 10.45 Uhr

Cardiac rehabilitation structure and process quality

10.45 - 11.15 Uhr

coffee break

11.15 - 11.45 Uhr

How to design a cardiac rehabilitation centre,
equipment selection and capacity - Part 1

11.45 - 12.15 Uhr

How to design a cardiac rehabilitation centre,
equipment selection and capacity - Part 2

Program
Friday, 26. October 2018

12.15 - 14.00 Uhr
lunch

14.00 - 14.45 Uhr
How to set up a cardiac rehabilitation program
- core components of cardiac rehabilitation program

14.45 - 15.30 Uhr
Exercise training as a core component of cardiac rehabilitation program

15.30 - 16.00 Uhr
coffee break

16.30 - 18.30 Uhr
How to assess exercise capacity - cycle ergometry,
cardiopulmonary exercise testing & 6 min walking test

09.00 - 10.30 Uhr
How to assess muscular strength - one repetition maximum testing &
maximal isometric strength testing

10.30 - 11.15 Uhr
Implementation of exercise training into cardiac rehabilitation program
according to the guideline based on the results of the assessments -
endurance training - theoretical basic knowledge

Program
Saturday, 27. October 2018

11.15 - 11.45 Uhr
coffee break

11.45 - 12.30 Uhr
Implementation of exercise training into cardiac rehabilitation program
according to the guideline based on the results of the assessments -
resistance training - theoretical basic knowledge

12.30 - 14.00 Uhr
lunch

14.00 - 14.45 Uhr
Safety aspects, how to monitor exercise trainings during
cardiac rehabilitation

14.45 - 15.30 Uhr
Exercise training in different group of patients

16.00 - 17.30 Uhr
Endurance training on cycle ergometers with monitoring:
continues and interval endurance training methods

19.00 Uhr
social event - visit a typical German brewery in Cologne

Program

Sunday, 28. October 2018

09.00 - 10.30 Uhr

Resistance training in intelligent technology rehab gym

10.30 - 11.30 Uhr

Perception training - how to find the right load,
heart rate breathing rules, Borg scale etc.

11.30 - 12.30 Uhr

Nordic walking

12.30 - 13.00 Uhr

Future challenges?

13.00 Uhr

lunch and FAREWELL

REGISTRATION HEACR

Send to:

HEACR

Widdersdorfer Str 211

50825 Köln

Fax : +49 (0)221-310 63 689

email: akademie@ergoline.com

I hereby register binding for the following course:

Name / Surname: _____

Telefon / Email: _____

Billing address: _____

Privat address: _____

I have read the general Participation Conditions and accept these:

Place / Date

Sign

REGISTRATION HEACR

Conditions for participation in the programme

Registration

1. The registration is binding only if it is made in writing on the application form provided for this purpose.
2. Course places are allocated in chronological order of the written application as well as chronological receipt of payment.
3. Telephone registrations are not valid.

Registration fee

Registration fee: 495,00 €

Registration fees include:

course participation, course materials,
lunches and coffee breaks, one dinner with social event

Hotel accommodation and transportation are not included in the fees.

Terms of Payment

With the invoicing amount fee payment is due and should be advised on receipt of invoice to the specified account.

Cancellation and refund of registraion fee:

30 days before the course begins: 25 %

30 days until 5 days before the course begins: 50%

After this time period a refund is no longer possible.

The participant is entitled to appoint in his place a suitable person.

Cancellation by the organiser

In case of failure of an event due to illness or accident of the course director or faculty teams or other events beyond our control already paid course fees will be refunded in full amount.

The organizer is not liable for any further costs incurred.

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