



Clinical Exercise Testing

23-24 October 2025

Rome, Italy

Thursday, 23 October 2025

08:30–09:00 Course registration

Session 1 - What is measured? A refresher on physiology

Chair: P. Laveneziana / P. Palange

09:00–09:10 Introduction – P. Laveneziana, P. Palange

09:10–09:30 CPET hot topic: clinical usefulness and overview - P. Palange

09:30–10:10 Metabolic responses to exercise - S. Ward

10:10–10:25 Q&A

10:25–10:40 *Coffee break*

10:40–11:10 Cardiovascular responses to exercise - J. Neder

11:10–11:20 Q&A

11:20–11:50 Respiratory and sensory responses to exercise - M. Schaeffer

11:50–12:00 Q&A

12:00–13:15 *Lunch*



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Session 2 – Skills workshop: How to measure? Inside the test

Participants will be divided into 4 groups and assigned to a specific workstation.

13:15–13:30 Introduction to workshops and groups

13:30–15:00 Equipment, test design and protocols

Group 1

- S. Ward,
P. Onorati

Group 2

- W. Stringer,
M. Schaeffer.
J. Shakespeare

Group 3

- P. Laveneziana,
P. Palange

Group 4

- J. Neder, A. Boutou

15:00–15:30 *Coffee break*

15:30–17:30 Test performance by a cyclist and interpretation

The key variables and their meaning

Reference values and data presentation

Group 2

- S. Ward,
P. Onorati

Group 4

- W. Stringer,
M. Schaeffer,
J. Shakespeare

Group 1

- P. Laveneziana,
P. Palange

Group 3

- J. Neder, A. Boutou

Switching groups

17:30–18:30 Welcome reception



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Session 3 - What happens in athletes and disease? Exercise pathophysiology

Chairs: P. Laveneziana / P. Palange

08:30–08:50	Understanding dyspnoea of uncertain origin - the value of CPET – P. Palange
08:50–09:00	Q&A
09:00–09:30	CPET for assessment of dysfunctional breathing, bronchoconstriction and inducible laryngeal obstruction - A. Boutou, J. Shakespeare
09:30–09:40	Q&A
09:40–10:00	CPET in athletes - M. Schaeffer
10:00–10:10	Q&A
10:10–10:30	<i>Coffee break</i>
10:30–11:00	CPET in pulmonary vascular disease - J. Neder
11:00–11:10	Q&A
11:10–11:30	CPET for prognosis and pre-operative assessment - P. Onorati
11:30–11:40	Q&A
11:40–12:00	Laboratory vs field testing – S. Singh
12:00–12:10	Q&A
12:10–13:30	<i>Lunch</i>

Session 4 - Bringing CPET to practice: A case-based discussion

Chairs: P. Palange, P. Laveneziana

Practical Tutorials – CPET Q&A

Unexplained exertional dyspnoea – Practical hints and pitfalls on CPET interpretation – Using CPET to prescribe exercise training

13:30–15:00	Participants will be divided into 4 groups Group 1: J. Neder, A. Boutou Group 2: P. Laveneziana, P. Palange Group 3: W. Stringer, M. Schaeffer, J. Shakespeare Group 4: S. Singh, P. Onorati
15:00–15:30	<i>Coffee break</i>



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- 15:30–17:30 Advanced interpretation: Cases in specific clinical scenarios
 (from faculty and participants)
 Unexplained dyspnoea - P. Laveneziana
 Unexplained dyspnoea (Combined COPD-heart failure) - J. Neder
 Unexplained dyspnoea (Pulmonary hypertension) - P. Palange/P.
 Laveneziana
 Unexplained dyspnoea (Myopathy) – P. Palange
- 17:30 Closing remarks