

PRACTICUM ON EXERCISE TESTING AND INTERPRETATION

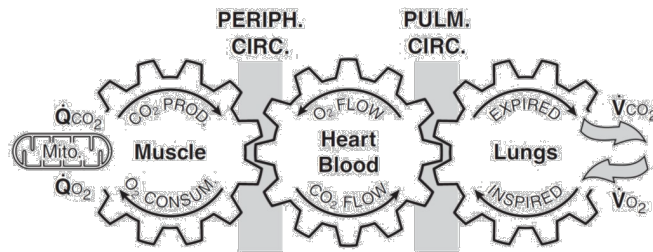
Brief History of the Harbor-UCLA Practicum on Exercise Testing and Interpretation



**Karlman Wasserman, MD, PhD &
Brian J. Whipp, PhD**
Harbor-UCLA Medical Center, 1971

By the 1980's Drs. Karlman Wasserman and Brian Whipp, along with colleagues at Harbor-UCLA Medical Center, had become widely recognized for pioneering work in the use of real time measurements of pulmonary gas exchange during exercise for clinical and research applications. In response to requests from clinicians and scientists for instruction in this area, they developed a three-day 'Practicum'. The course was based on the content of the text Principles of Exercise Testing and Interpretation and designed around live demonstrations and individualized discussions among attendees and faculty.

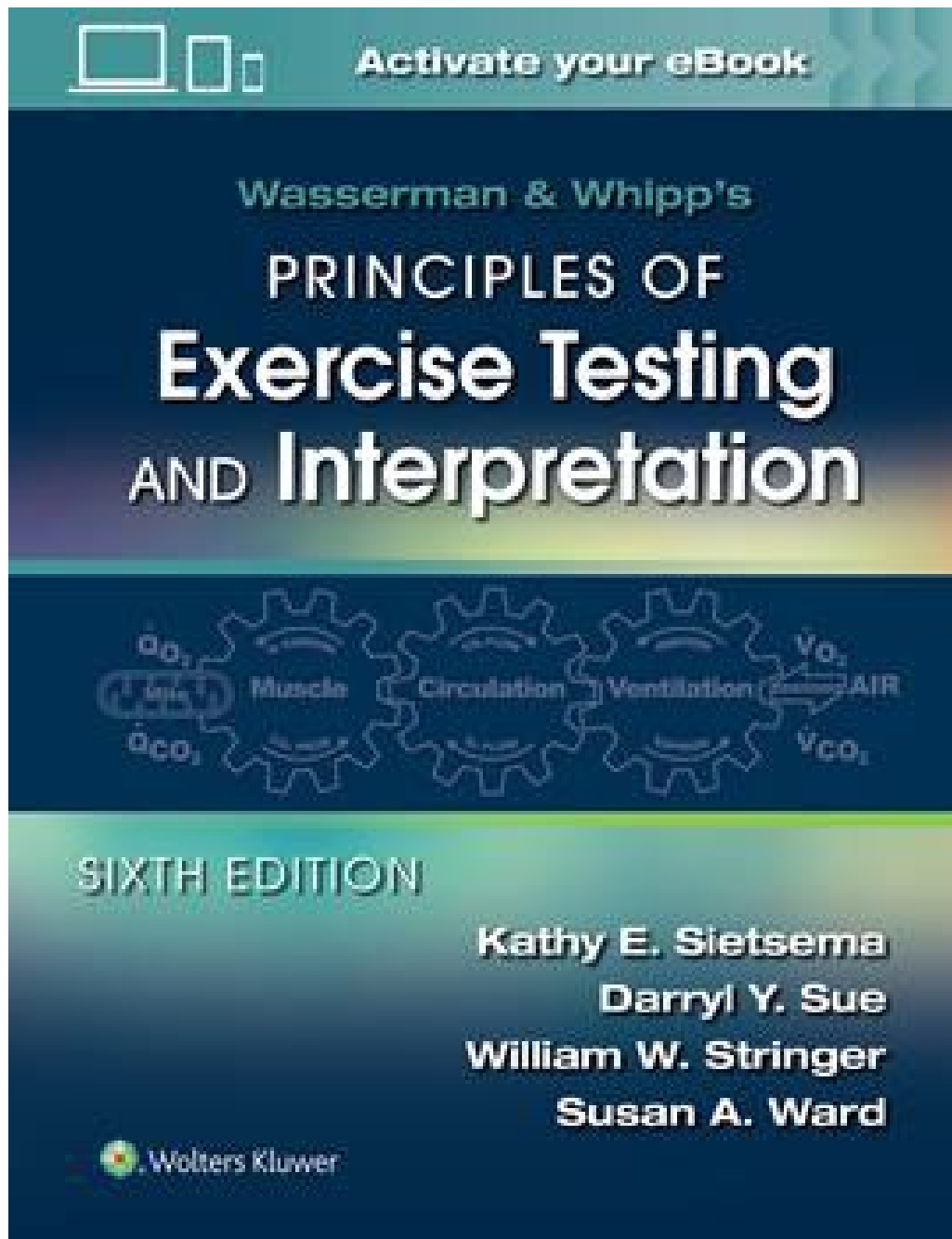
Over the subsequent four decades the Practicum was conducted two or three times yearly on the Harbor-UCLA campus, until late 2020 when the COVID-19 pandemic initiated an evolution in format first to a virtual and now a two-day hybrid learning model. Over time, the profile of Practicum attendees has also changed, reflecting an increasingly diverse range of disciplines and applications of cardiopulmonary exercise testing. Course content has been adapted to reflect changes in technology and expansion of knowledge. While the course's format, attendees, and content all continue to evolve, its focus remains fixed on fundamental principles of exercise physiology and approaches to measurements and analysis which represent essential knowledge for anyone using physiologic testing in their professional work.

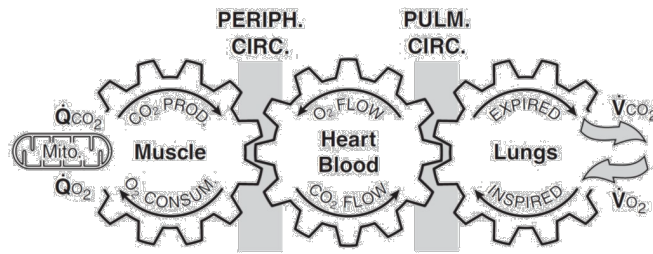


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Course Text

Course presentations highlight selected material from the text Wasserman & Whipp's Principles of Exercise Testing and Interpretation, 6th Edition. A copy of the book is included in course registration.





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Pre-course learning

Didactic presentations by course faculty should be viewed as independent learning prior to the in-person sessions. The pre-course learning material is available here:

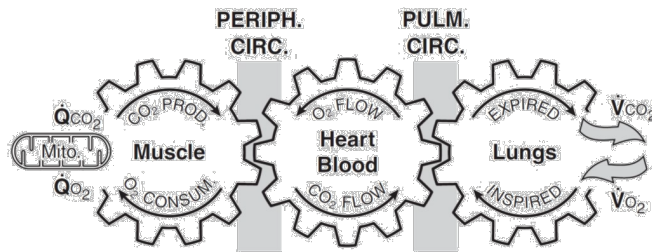
<https://lundquist.org/education/course/practicum-exercise-testing-and-interpretation>

Your password has been mailed to you under separate cover. If you have not received a login password, please contact Tess Endoso (teresita.endoso@lundquist.org).

There are about 6 hours of **core materials (videos 1-12)** to view prior to attending the in-person Practicum. This content builds sequentially so the recordings are best viewed in the order designated. Please plan accordingly, to distribute this into manageable segments. A pdf handout to accompany each recorded and live lecture will be available for you to download on the course website. The In-person sessions have been planned with the assumption that attendees will have viewed at least the core materials, so please make time to do so.

Core Material: Principles and Variables

Video	Title	Presenter	Duration
1	Orientation to Pre-Course Learning	Harry Rossiter, PhD	5 min
2	The Physiologic Basis of Exercise Testing – Part 1	Kathy Sietsema, MD	40 min
3	The Physiologic Basis of Exercise Testing – Part 2	Kathy Sietsema, MD	30 min
4	Linking Internal and External Gas Exchange	Harry Rossiter, PhD	60 min
5	Responses to Constant Power Exercise	Harry Rossiter, PhD	50 min
6	Lab Calibration and Quality Control	Janos Porszasz, MD, PhD	30 min
7	Normal Values – Part 1	Darryl Sue, MD	15 min
8	Normal Values – Part 2	Darryl Sue, MD	15 min
9	Normal Values – Part 3	Darryl Sue, MD	20 min
10	Graphic Display of the Data – Part 1	Kathy Sietsema, MD	10 min
11	Graphic Display of the Data – Part 2	Kathy Sietsema, MD	40 min
12	Challenging Anaerobic Thresholds	Kathy Sietsema, MD	30 min



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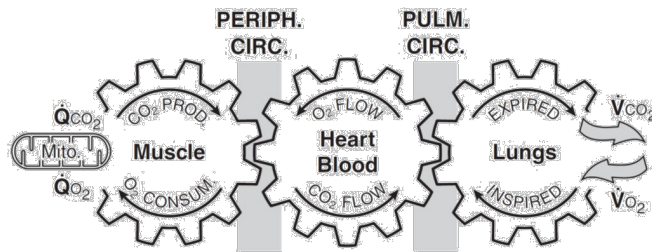
Additional materials (videos 13-25) include topics related to CPET that are less time sensitive and could be viewed either before or after the in-person sessions. Also Included are a number of short topics and CPET case presentations by the faculty which may be viewed as individual interests dictate.

We hope you will take advantage of the ability to view the recordings at your own pace. Some topics have been divided by the presenter into two or more segments. Of course, you can pause and resume any of the recordings, or re-watch them, as desired, and variable speed settings allow you to adjust the play rates to suit your needs.

Additional Material: Clinical CPET

Video	Title	Presenter	Duration
13	Pulmonary Function Testing for the Non-Pulmonologist	Tom DeCato, MD	25 min
14	Flow charts for Interpretation of CPET data	Darryl Sue, MD	12 min
15	Fitness and Training Effects on CPET Values	Kathy Sietsema, MD	25 min
16	Core CPET Variables: Sample Test Review	Kathy Sietsema, MD	13 min
17	Conducting a Test: Practical Matters*	William Stringer, MD Janos Porszasz, MD, PhD	60 min
18	Applications of CPET	Kathy Sietsema, MD	45 min
19	COPD Considerations in CPET	Rich Casaburi PhD, MD	16 min
20	Case Discussion: An Athlete	Harry Rossiter, PhD	25 min
21	Case Discussion: CHF	William Stringer, MD	8 min
22	Case Discussion: PAH and shunt	Kathy Sietsema, MD	10 min
23	Case Discussion: Pre-operative assessment for lung resection surgery	William Stringer, MD	20 min
24	Case Discussion: Congenital Heart Disease	Kathy Sietsema, MD	10 min
25	Case Discussion: COPD with dynamic hyperinflation	Rich Casaburi, PhD, MD	8 min

* This is recording of a session that will also be presented in-person



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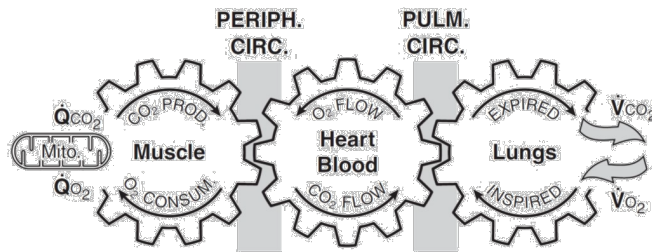


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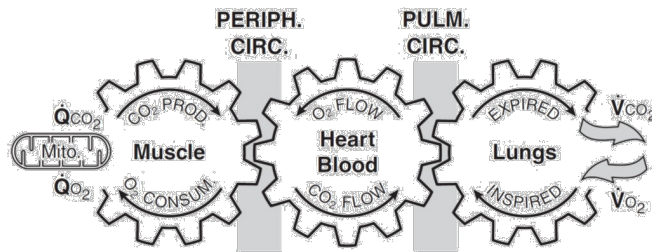
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