

### **Section 1: Introduction to CPET**

- 1: Why Do A Cardiopulmonary Exercise Test?
- 2: Pre-Test Assessment
- 3: Supervising a CPET
- 4: How to do a CPET

### **Section 2: CPET Parameters**

- 5: Oxygen Uptake
- 6: Heart Rate
- 7: Ventilation
- 8: Carbon Dioxide Output
- 9: Respiratory Exchange Ratio
- 10: Oxygen Pulse
- 11: Ventilatory Equivalent
- 12: Anaerobic Threshold
- 13: Respiratory Compensation Point
- 14: Oxygenation

### **Section 3: Interpretation**

- 15: Presentation of Results
- 16: Interpretative Strategy
- 17: Common Clinical Scenarios

### **Section 4: Specialised CPET Applications**

- 18: Athletes
- 19: Dysfunctional Breathing
- 20: Long-COVID
- 21: CPET in Children
- 22: Preoperative Cardiopulmonary Exercise Testing
- 23: Exercise Prescription

### **Section 5: Questions**

- 24: Example Exam Questions