**A picture containing food

Description automatically generated**

**Cancer Rehabilitation Day 3**

[Contained within this document are links to video clips, quizzes, templates and academic evidence concerning mental health disorders]

* **Online Quiz** [**Link**](https://www.classmarker.com/online-test/start/?quiz=j6k5f7473c00f76d) **[Worth a practice] or second link**
* **Potential Short Answer Questions [Maybe]**
* You are concerned about a friend or family member who is very sedentary and leads an unhealthy lifestyle. In relation to cancer development, explain how their lifestyle can affect their risks, and what advice you would give them to help prevent this?
* If a client is in rehabilitation for breast cancer, and who has been experience a mastectomy, what measures might you need to take to adapt your fitness assessment and exercise programme design?
* Explain how you would help a cancer patient who is undergoing treatment and has poor psychological well-being?

**Cancer Notes & Links**

**COVID, Cancer and Exercise Recommendations**

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**Online Calculator Links**

* METs Calculator [Link](https://metscalculator.com/)
* Karvonen Heart Rate Calculator [Link](http://www.briancalkins.com/HeartRate.htm)
* Harris-Benedict Calculator (Total Daily Energy Expenditure) plus 18 other tests [Link](https://www.omnicalculator.com/health/bmr-harris-benedict-equation)
* BMR Calculator [Link](https://www.calculator.net/bmr-calculator.html)
* My colleague’s useful website on anything training based 1RM estimate [Link](https://exrx.net/Calculators/OneRepMax)
* Every other calculator you will ever need [Link](https://exrx.net/Calculators)

**YouTube Link to help with assessment**

* The WRIGHT Foundation (Assessment Cancer Online Support) [Link](https://youtu.be/hIl4yKUd5HI)
* Assessment Cancer Online Support 12-week overview [Link](https://youtu.be/bzXT0oxiWlk)
* Short General Health Questionnaire (GHQ 12) [Link](https://journals.plos.org/plosone/article/file?type=supplementary&id=info:doi/10.1371/journal.pone.0189568.s006)
* Patient health questionnaire (PHQ-9) [Link](https://www.med.umich.edu/1info/FHP/practiceguides/depress/phq-9.pdf)
* ACSM's Resources for Clinical Exercise Physiology Musculoskeletal, Neuromuscular, Neoplastic, Immunologic and Hematologic Conditions [Link](https://documentcloud.adobe.com/link/review?uri=urn:aaid:scds:US:4d01507a-3fcd-4691-9b00-5a94b9b6592b)

# Gellish et al 2007 Calculation Presentation [Link](https://youtu.be/wye9sG15_UM)