



## Introduction

The area of exercise oncology and the guidelines on how to provide safe, effective and individualised exercise programmes for people affected by cancer has changed significantly since the first CanRehab Cancer Exercise training course in 2010. In 2019 the guidelines were updated by a team of international experts including CanRehab Director Professor Anna Campbell. The evidence and guidelines have continued to develop and in 2025, the following updated topics are included in revalidation - which will ensure that you continue to work as a safe and effective CanRehab accredited instructor:

- Latest cancer statistics concerning cancer incidence and survivorship
- Recent evidence on potential protective effects of exercise against cancer growth and recurrence
- Current and new treatments for cancer and relevant side effects that may affect exercise prescription
- Update on evidence of exercise benefits with reference to all stages of the cancer journey
- Update on evidence of exercise benefits with reference to specific cancers and specific side effects
- Latest guidance on risk stratification to community programmes
- Current exercise guidelines for prehab, during treatment and working with clients with specific treatment toxicities
- New specific exercise FITT prescription to address specific side-effects e.g. fatigue

### CanRehab Revalidation Revision Course and Exam

Revalidation is a standard way of regularly confirming that you remain up to date and are continuing to practice safely within the CanRehab Cancer Exercise Evidence-based Guidelines.

Professor Campbell has prepared a series of interactive teaching modules to assist you in revision for the CanRehab Revalidation Exam. These modules are:

**Section 1:** Cancer Biology & Cancer Survivorship

**Section 2:** Cancer Treatments, Relevant Side Effects & Key Practical Considerations

**Section 3:** Benefits of Exercise

**Section 4:** Client Screening / Triage, Assessments and Risk Stratification

**Section 5:** Current Guidelines for Exercise Prescription



When you enrol on the Revalidation course, **you have access for 90 days** from that date to the online teaching modules and subsequent exam.

The estimated time our testers took completing the revalidation was 16-20 hours (dipping in and out) to read and review, including referring to external websites e.g. CRUK

Click the link below to show a short clip of what the learning materials look like:

**[Video to show what the learning materials look like](#)**

### **The Revalidation Exam:**

In order to receive your certificate, you must pass the Revalidation assessment which is an online exam of 60 Multiple Choice Questions (MCQ). This is accessed on the same platform as the learning modules and explanations of how to access are given on there.

If you are successful, you will be emailed a CanRehab Revalidation certificate, **which is only valid alongside your original Cancer and Exercise Assessed Certificate**. The Revalidation certificate is valid for a further 3 years.

In addition to the preparation material, we recommend you review [Cancer Research UK \(CRUK\)](#) and [Macmillan's](#) websites to ensure you are up to date with cancer statistics for incidence and survivorship. It is also a great resource for the latest standard cancer-specific treatments for different cancers - because in this fast-moving field of oncology and cancer survivorship, this vital information is constantly changing.

You will be awarded 10 CPD credits from CIMSPA for achieving the CanRehab Revalidation Certificate. If your score is below 70%, you have not attained the pass mark, and you will be asked to contact the CanRehab Education Office for further advice ([info@canrehab.co.uk](mailto:info@canrehab.co.uk)).

Revalidation will be essential if you wish to enrol on the CanRehab Instructors Map. The CanRehab Instructor Map is an interactive tool designed to help people living with and beyond cancer find qualified exercise professionals accredited by CanRehab.

Revalidation examination is open to anyone with a cancer exercise qualification irrespective of training provider, but please email [info@canrehab.co.uk](mailto:info@canrehab.co.uk) for further information.