

# Workshop Ergospirometrie

**Programma 22 mei 2019 | ProCare Leuven**

<b>9.00 – 9.15 uur</b>	<b>Aankomst &amp; ontvangst</b>
<b>9.15 – 9.30 uur</b>	<b>Welkomstwoord ProCare</b>
<b>9.30 – 11.00 uur</b>	<b>CPET   Titus Rempel</b> Different fields of use – practical examples – short technical background
11.00 – 11.15 uur	Pauze
<b>11.15 – 12.15 uur</b>	<b>Ergospirometrie   Prof. Dr. K. Koppo</b> Indirecte calorimetrie – bepaling ventilatiedrempels
12.15 – 13.00 uur	Lunch
<b>13.00 – 14.15 uur</b>	<b>Wassermann plots and the threshold concept   Titus Rempel</b>
<b>14.15 – 15.15 uur</b>	<b>Practicum Ergospirometrie - fietsergometer</b> Crucial steps to achieve good and plausible test results. Discussion on step vs Ramp and bike vs treadmill
15.15 – 15.30 uur	Pauze
<b>15.30 – 16.30 uur</b>	<b>Analyse &amp; Interpretatie gegevens</b> Outlier elimination - threshold calculation - Result presentation threshold-based exercise prescription with CPET
<b>16.30 – 17.00 uur</b>	<b>Vragenronde</b>

## **Sprekers & Trainers**

Titus Rempel, Product Specialist bij Cortex Biophysik GmbH

Prof. Dr. K. Koppo, Exercise Physiology Group, Dep. of Movement Sciences, KU Leuven

Ingeborg Trul, bewegingswetenschapper ProCare

[www.procarebv.nl](http://www.procarebv.nl) | [info@procarebv.nl](mailto:info@procarebv.nl) | [@ProCare](https://twitter.com/ProCare)

Specialist in beweging

**ProCare**  
*We take intensive Care*

**Locatie Groningen**  
Zernikepark 16a  
9747 AN Groningen  
T 050 5715074

**Locatie Amsterdam**  
Olympisch Stadion 24 - 28  
1076 DE Amsterdam  
T 020 2613999

**Locatie Leuven**  
Kapeldreef 60  
3001 Leuven  
T 0032 16795329