



CPET Course

CPET

A cardiopulmonary exercise test (CPET) is a non-invasive test to assess the performance and function of the cardiovascular (heart and blood vessels) and pulmonary (lungs and respiratory system) systems during exercise. It is also commonly known as an exercise stress test or maximal oxygen consumption (VO₂ max) test. Besides evaluating the maximum aerobic exercise capacity of the heart, lungs, and muscles as a unit, CPET can also diagnose any exercise-related symptoms such as chest pain, shortness of breath and abnormal heart rhythms. It is a powerful tool for detecting hidden heart and lung dangers.

Course Detail

Date:	24-25 January 2026
Time:	24 January (Saturday): 13:00-17:00 25 January (Sunday) : 09:00-17:00
Venue:	12/F, Virtus Medical Tower 122 Queen's Road Central, Central, HK
Capacity:	20-22
CPD:	10 Points
Organizer:	Hong Kong Physiotherapist Union (HKPU)
Course Fee:	Non-HKPU member: \$ 5000 HKPU member: \$4500

Speakers

Dr. Cheung Yik Nang, Gerund

- Consultant of Department of Anaesthesia & Operating Theatre Services, NTWC

Ms. Jasmine TAM

- Advanced Practice Physiotherapist in TMH specialized in cardiopulmonary setting.
- Graduated from the Master in Cardiology in CUHK
- One of the founding members of the CPEX team to launch the service and prehabilitation program in NTWC

Ms Aggie KWAN

- Senior Physiotherapist in TMH specialized in cardiopulmonary setting
- Graduated from Master in public health in HKU
- ACSM Certified Clinical Exercise Physiologists
- One of the founding members of the CPEX team to launch the service and prehabilitation program in NTWC

Course Content

Day1 (24 January, Saturday)	
13:00-13:45	Introduction to CPEX - Indication/Application/Contraindication (Ms Jasmine TAM, APPT/TMH)
13:45-14:30	Exercise Physiology and physiological response to exercise (Ms Aggie Kwan, SPT/TMH)
14:30-15:30	Interpretation of the 9-panel plot (Dr Gerund Cheung, Consultant in Anaesthesia)
15:30-17:00	Practical issue in conducting CPEX + Demonstration of CPEX (Ms Jasmine TAM, Ms Aggie KWAN)
Day 2 (25 January, Sunday)	
09:00-09:45	Review of 9-panel plot + Case discussion (Dr Gerund Cheung)
09:45-11:30	Live Run of CPEX - Healthy population (Dr Gerund Cheung, Ms Jasmine TAM, Ms Aggie KWAN)
11:30-12:15	Case discussion for Disease Group (Dr Gerund Cheung, Ms Jasmine TAM, Ms Aggie KWAN)
12:15-13:45	Lunch Time
13:45-15:15	Live Run of CPEX - Disease Group (Dr Gerund Cheung, Ms Jasmine TAM, Ms Aggie KWAN)
15:15-16:45	Use of CPEX result in exercise prescription (Ms Aggie KWAN)

Deadline of application: **13 December 2025**

Remarks:

* Please fill in the application form via Google: <https://forms.gle/v8ngAHEyEEkFbjmt6>

* Successful applicants would be contacted by email.

* Payment: Bank-in. Please send the proof of the payment to email:

Chloe.chung@virtuscare.com

*Once payment is received, no refund is given unless the available spot is filled from a waiting list.

* On a First-come, first-served basis.

* Reserve the right to cancel the course due to bad weather or pandemic condition. Full refund will be given in such circumstances.

* For application enquiries, please contact Miss. Chloe Chung (Whatsapp [66889128](tel:66889128), Email Chloe.chung@virtuscare.com)

Acknowledgement:  Alpha MedTech Limited
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