

CPET4Kids 2026 Practicum

Cardiopulmonary Exercise Testing and Interpretation in Children and Adolescents

May 8–9, 2026 | UC Irvine

A hands-on pediatric CPET practicum bridging physiology and clinical practice

Enrollment is limited to maintain a hands-on, small-group experience

Why CPET4Kids?

Pediatric CPET isn't just scaled-down adult testing. Growth, physiology, and clinical context change the way results should be obtained and interpreted, yet pediatric hands-on training is limited. With rising child health risks tied to declining fitness, clinicians and exercise professionals need pediatric-specific CPET skills to measure and interpret cardiorespiratory fitness accurately.

CPET4Kids was designed to close this gap.

This immersive, in-person practicum provides practical tools, conceptual frameworks, and real-world experience to help clinicians and exercise professionals confidently perform, interpret, and apply CPET in pediatric populations.

What You'll Gain

By the end of the practicum, participants will be able to:

- Select and apply **appropriate pediatric CPET protocols**
- Understand the **physiological basis of key CPET variables** in children
- Interpret **normal and abnormal exercise response patterns**
- Integrate **cardiac and pulmonary findings** into clinically meaningful reports
- Translate CPET data into **actionable insights** for pediatric care and research

Who Should Attend?

This practicum is designed for professionals involved in pediatric exercise testing, including:

- Physicians in clinical practice or academia
- Exercise physiologists and scientists
- Laboratory personnel, trainees, and team members working with CPET

It is well suited for:

- **Beginners** seeking a strong foundation in pediatric CPET principles and interpretation
- **Intermediate practitioners** looking to refine skills and deepen clinical application in children and adolescents

What Makes CPET4Kids Different

- **Pediatric-specific focus** - physiology, protocols, and interpretation tailored to children and adolescents
- **Hands-on laboratory experience** in small groups
- **Real pediatric cases** with guided interpretation
- **Expert faculty** in pediatric exercise cardiology and pulmonary physiology
- **Interactive format** combining lectures, workshops, and discussion
- **Direct access to faculty** and peer networking throughout the program

Program Format

Two-day, in-person practicum

Day 1 – CPET Fundamentals

Core principles of pediatric exercise physiology, protocol selection, normative values, and interpretation of normal responses, with hands-on laboratory demonstrations and small-group case discussions.

Day 2 – Clinical CPET

Advanced application of CPET in pediatric cardiac and pulmonary populations, including integrated interpretation, clinical reporting, and interactive case-based learning.

Presented By

Presented by **NASPEM** in collaboration with the **Pediatric Exercise and Genomics Research Center at UC Irvine**.

Sponsors

Sponsored by the **Pediatric Exercise and Genomics Research Center** and the **Academy of Exercise Medicine (AEM)**.

