

International HEACR

in Cooperation with the Institute for Cardiology and Sports Medicine,
Department of Preventive and Rehabilitative Sport and Exercise
Medicine at the German Sport University Cologne and
University of Jyväskylä, Finland



ergoline
AKADEMIE


HUR
For Lifelong Strength

18. – 20. September 2026

How to setup an exercise based multimodal Cardiac Rehabilitation program.

General Information

Venue

Trainer-Academy, German Sport University Cologne

Course Director

Prof. Dr. Birna Bjarnason Wehrens (DSHS, Cologne, D)

Speakers

Prof. Dr. Birna Bjarnason Wehrens (DSHS, Cologne, D). Prof. Dr. Arto Hautala (The University of Jyväskylä, Faculty of Sport and Health Sciences, Finland), Dr. Roland Nebel (Klinik Roderbirken, D), jun. Prof. Dr. Thomas Schmitt (DSHS Cologne, D), Heike Jeß, Thomas Berg (AmKaRe Köln GmbH Cologne, D)

Local organizing committee

HEACR

akademie@ergoline.com

Registration

Registration fees include:

Course participation, course materials,

lunches and coffee breaks, one dinner with social event.

Hotel accommodation and transportation are not included in the fees.

Proposal for hotel accommodation will be provided after registration.

Registration fees: 695,00 €

Please consider the conditions for participation on the registration formular.

For further information please contact: akademie@ergoline.com

Scientific Program

Program

Friday, 18. September 2026

08.00 – 09.00 Uhr

Registration

09.00 – 09.15 Uhr

Welcome

09.15 – 09.45 Uhr

Cardiac rehabilitation in Germany and in an international context

09.45 – 11.30 Uhr

How to set up and design a cardiac rehabilitation program – part1

Exercise training as a core component of cardiac rehabilitation

11.45 – 12.15 Uhr

Coffee Break

11.45 – 12.15 Uhr

How to design a cardiac rehabilitation centre, equipment

selection and capacity – part 1

12.15 – 12.45 Uhr

How to design a cardiac rehabilitation centre, equipment

selection and capacity – part 2

Program

Friday, 18. September 2026

13.00 – 14.00 Uhr

Lunch

14.15 – 15.15

How to set up and design a multimodal cardiac rehabilitation program – part 2

cardiac rehabilitation structure and process quality guideline recommended multidomain and interdisciplinary cardiac rehabilitation program – core components beyond exercise

15.15 – 16.00 Uhr

How to assess muscular strength, frailty and functional limitations and capacity

16.00 – 16.30 Uhr

Coffee break

17.00 – 18.45 Uhr (practical demo; Institute)

How to assess exercise capacity – cycle ergometry, cardiopulmonary exercise testing

Program

Saturday, 19. September 2026

09.00 – 10.45 Uhr

Endurance training in patients with cardiac diseases with special reference to coronary artery disease and heart failure – evidence, recommendations and implementation

10.30 – 11.15 Uhr

Safety aspects, how to monitor exercise trainings during cardiac rehabilitation

11.15 – 11.45 Uhr

Coffee break

11.45 – 12.30 Uhr

Resistance training in patients with cardiac diseases with special reference to coronary artery disease and heart failure – evidence, recommendations and implementation

12.30 – 14.00 Uhr

Lunch

14.15 – 14.45 Uhr

Exercise based cardiac rehabilitation in different groups of patients

14.45 – 15.15 Uhr

Inpatient multimodal cardiac rehabilitation phase II: Presentation of exemplary cases

16.00 – 17.00 Uhr

Resistance training in patients with metabolic diseases with special reference to diabetes mellitus – evidence, recommendations and implementation

19.00 Uhr

Social Event – Visit a typical German brewery in Cologne

Program
Sunday, 20. September 2026

09.00 – 12.30 Uhr

Visit to an outpatient cardiac rehabilitation center (AMKARE)

09.00 – 10.45 Uhr

Guided walk through AMKARE. Presentation of the AMKARE Center - structure and quality standards, equipment, interdisciplinary team and work

10.45- 11.30 Uhr

Endurance training on cycle ergometers with monitoring:
continues and interval endurance training methods

11.30-12.00 Uhr

Resistance training using in intelligent technology rehab gym

12.00-12.30 Uhr

Assessment of mobility (6 min walking test) and physical performance (Short-Physical-Performance-Battery)

12.00-12.30 Uhr

Feedback and Farwell

REGISTRATION HEACR

Send to:

HEACR

Widdersdorfer Str 211

50825 Köln

Fax: +49 (0)221 - 310 63 689

email: akademie@ergoline.com

I hereby register binding for the following course:

Name / Surname: _____

Telefon / Email: _____

Billing address: _____

Privat address: _____

I have read the general Participation Conditions and accept these:

Place / Date

Sign

REGISTRATION HEACR

Conditions for Participation in the Programme

Registration

1. The registration is binding only if it is made in writing on the application form provided for this purpose.
2. Course places are allocated in chronological order of the written application as well as chronological receipt of payment.
3. Telephone registrations are not valid.

Registration fee

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Terms of Payment

With the invoicing amount fee payment is due and should be advised on receipt of invoice to the specified account.

Cancellation and Refund of Registration Fee:

30 days before the course begins: 25 %

30 days until 5 days before the course begins: 50%

After this time period a refund is no longer possible.

The participant is entitled to appoint in his place a suitable person.

Cancellation by the Organiser

In case of failure of an event due to illness or accident of the course director or faculty teams or other events beyond our control already paid course fees will be refunded in full amount.

The organizer is not liable for any further costs incurred.

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