



## EXPECTATIONS AND NEEDS FOR TRAINING OF INSTRUCTORS OF A PHYSICAL ACTIVITY PROGRAM FOR CANCER SURVIVORS

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### INTRODUCTION

Physical activity (PA) improves quality of life and reduces mortality among cancer survivors (Fong et al., 2012). Raviva is a Belgian PA program intended for people who have or have had cancer, planned by the Belgian Foundation against Cancer (Fondation contre le Cancer, n.d.). Activities recognized by this foundation are organized in various contexts and are supervised by instructors with inconstant trainings and experiences. However, in PA programs for cancer survivors, the characteristics of the instructors are important, including their knowledge about cancer (Whitehead & Lavelle, 2009). It is noteworthy that, in Belgium, adapted PA instructors do not necessarily follow specific education programs such those proposed by the American College of Sport Medicine (Schmitz et al., 2010). The aim of this study was to identify the difficulties encountered by the physical activity instructors in Wallonia and their expectations and needs for specific training.

### METHOD

An online questionnaire was submitted to all Raviva instructors; 29 instructors out of 56 filled it in (51.8%).

### RESULTS AND DISCUSSION

Almost all instructors expressed interest in the participation to a specific training (21/22). They would like to receive information about cancer (18/22) and how to supervise this type

of activities (21/22). Physical instructors are ready to actively participate to some practical PA sessions (21/22) and to some participative group discussions (17/22) (Figure 1).

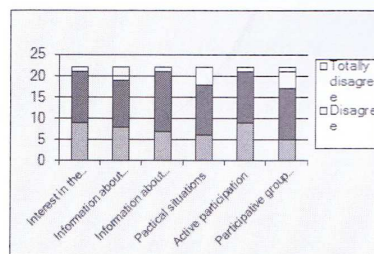


Figure 1. Instructor's opinion about a future training and

Furthermore, the most frequent difficulty they encounter in their activities is to adapt the tasks to their specific population (18/26).

Finally, some other topics seemed to be requested: relational, social and psychological aspects (13/22), session content (10/22) and contraindications (8/22).

### CONCLUSIONS

Most instructors of the Raviva program who answered to the questionnaire are interested in participating to a specific training day. This training should include some theoretical content about the link between cancer and PA as well as some practical sessions of adapted PA.



### REFERENCES

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