

Frequently Asked Questions

This is where you will find answers to some of the most commonly asked questions about the Cancer United training programme. If you cannot find the answer to your question, please don't hesitate to contact us by e-mail at enquiries@cancerunited.org.uk or by calling 01908 779880.

What is the CU Fitter Award in Applied Delivery of Cancer Exercise?

It is initially a four-day training course leading to an award based on the applied study of cancer-specific exercise. During the course, candidates will develop the intellectual and practical skills to enable them to design and deliver specialist programmes of exercise for those undergoing treatment for, or recovering from, a range of common cancers.

Is it just 4 days and that's it?

No, there is a multiple-choice exam, a case study and a video required to qualify as a 'CU Fitter Trainer'. You will have 12 weeks to complete all three parts required to qualify.

If I pass the exams etc., am I qualified forever?

No, you will be licensed for one year after which you need to undertake 'Continuing Professional Development' (CPD) to renew your licence to practice as a CU Fitter trainer.

Is the course REPS accredited?

No. Our clinical partners have told us that they do not feel confident referring patients, who are vulnerable, to exercise professionals who cannot evidence competencies aligned with those of health care professions. Therefore, our course is accredited by The Register of Cancer Survivorship Professionals, and CIMSPA (Chartered Institute for the Management of Sport and Physical Activity).

Why should I choose this course versus other cancer exercise courses which offer REPS accreditation?

Our course offers two unique benefits:

1. A full day learning how to undertake the CU Fitter™ assessment process for all cancer patients, before you start classes. From this assessment you will be able to confidently signpost your clients to the correct CU Fitter™ class, or

classes, for them;

2. We offer the chance for you to work directly and ethically with real cancer patients through the assessment process. This culminates on the last day with interactive demonstrations, where you get the opportunity to experience taking a CU Fitter™ class as well as undertaking an assessment of a real cancer patient.