



# Cardiopulmonary Exercise Testing Fundamentals

3-day Training

VYNTUS™ TRAINING



## COURSE DESCRIPTION

This course is designed to teach novice CPET operators how to perform fundamental exercise testing using the Vyntus™ ONE and/or Vyntus™ CPX medical device and SentrySuite™ software. Day three of the course can be utilized as an additional practice day for end-users, or a day of performing direct patient care under the supervision of a Jaeger Clinical Application Specialist. The learning experience will include both module-based pre-training work, and instructor-led hands-on learning. Emphasis will be placed on device understanding, breath-by-breath measurement application, testing guidelines according to the American Heart Association (AHA) and the American College of Sports Medicine (ACSM), customization, and quality assurance.

**Important Note:** *This course is available to customers who have purchased a maximum of five devices, and a maximum of two types of devices. Creating an effective learning environment is critical for success. For customer-hosted courses, only four participants are allowed from a single location. If more than five devices, more than two types of devices, more than one location, or additional participants need training, the purchase of additional class(es) is required.*

## DELIVERY METHOD

Customer-hosted or Jaeger-hosted

## OBJECTIVES<sup>1</sup>

Upon completion of this course, participants should be able to:

- Demonstrate understanding of American Heart Association (AHA) and American College of Sports Medicine (ACSM) testing guidelines
- Perform cardiopulmonary exercise testing according to national standards
- Customize and configure system settings
- Select appropriate test protocol based on reference data and patient history
- Conduct biological and mechanical quality control measures including system calibrations
- Identify factors that will affect test accuracy
- Apply best practices to analyze results and generate reports
- Perform basic troubleshooting, system maintenance, and hygiene
- Operate the Vyntus™ ONE and/or Vyntus™ CPX medical device and system properly, safely, and effectively

## COURSE STRUCTURE

There will be a combination of lecture and open discussion, hands-on demonstration, and periodic knowledge checks. Each learner will be required to perform equipment calibration, test performance, and a practical end-to-end testing demonstration as part of the competency evaluation. The training experience typically lasts 8 hours per day and will include two, 15-minute breaks and a 1-hour lunch break.

## Course Requirements and Information

### PREREQUISITES

- Basic understanding of exercise physiology and cardiopulmonary exercise testing
- Basic understanding of electrocardiograms and spirometry testing
- Expect three full days of information-filled immersion into device operation
- Proficiency in basic computer skills and navigating within Windows Operating System (OS)

## AGENDA TOPICS<sup>2</sup>

1. Introduction to the lab, leadership, and learners
2. Overview of testing components and procedures
3. Software overview
4. Protocol review
5. Test performance
6. Results and reporting
7. KNOWLEDGE CHECK: skills assessments

## CONTINUING RESPIRATORY CARE EDUCATION (CRCE) CONTACT HOURS

This course has been approved for 21 contact hours by the American Association for Respiratory Care (AARC) for four trainees.

Complete participation is required to contact hours credits; partial contact hours are not available.

Skills assessment and post-training survey must be completed to qualify for CRCE contact hours.

### FOOTNOTES

1. The type of measurement applications covered depends on the purchased system options.
2. Sequence of training events are subject to change pending participant experience/progress.


# Contact your Sales Consultant for more information about our Service Solutions.

Contact our Service Teams for support at:

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