EXERSCI 703 Cardiac Rehabilitation
(15 points)
(Semester 1, Newmarket Campuses)
Restriction: SPORTSCI 703

Who should take this course?

This course explores the fundamentals of exercise physiology in cardiac rehabilitation. It is a course intended for those interested in working in the healthcare/rehabilitation sector with people who are living with cardiovascular disease. Through a series of lectures, tutorials, workshops and presentations, students will gain knowledge on the effects of exercise and physical activity on cardiovascular and respiratory physiology in people living with cardiovascular disease. Additional topics include the principles and practice of safe and effective gold-standard cardiac rehabilitation for risk factor modification, cardiovascular medication effects on exercise responses and the role of cardiac rehabilitation in promoting the sustained engagement in beneficial activity behaviours in cardiac populations. Issues and advances in cardiac rehabilitation are highlighted through in-class discussions.

Calendar Description

Seminal literature is used to explore the effects of exercise, physical activity and sedentary behaviour on cardiovascular physiology and pathophysiology within the context of disease prevention and rehabilitation.

Intended Learning Outcomes of the Course

By the end of the course it is expected that students will be able to:

1. Differentiate the pathophysiology associated with various cardiopulmonary diseases and how cardiopulmonary responses to rehabilitation exercise are influenced by the pathology of certain conditions.
2. Critically evaluate cardiac rehabilitation interventions against a global understanding of current evidence-based cardiac rehabilitation practice in New Zealand and abroad.
3. Critically appraise methodology of and interpret recent advances in cardiac rehabilitation.
4. Evaluate the impact of physical activity and sedentary behaviour on cardiovascular health and formulate contemporary strategies to incorporate free living physical activity into cardiac disease prevention.
Learning and Teaching

For this course, you can expect 3 hours of either lectures or tutorials, 4 hours of reading and thinking about the content and 3 hours of work on assignments and/or test preparation per week. Students are expected to prepare for, attend and actively contribute to the seminar-type classes and tutorials. These sessions include structured opportunities for peer discussion and learning.

Course Coordinator

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Assessment

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<th>Component</th>
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<tbody>
<tr>
<td>Tutorials</td>
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<td>Presentation</td>
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<td>Mid-Semester Test</td>
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<td>Assignment</td>
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Required Readings, Further Readings and Textbook Resources

Additional readings, information and important reminders will be made available via CANVAS throughout this course.
There are a number of textbooks on the Reading Lists on CANVAS and available via the library that provide additional related and background material.