EXERSCI 703
Cardiac Rehabilitation
(15 points)
(Semester 1, Newmarket Campus)

Who should take this course?
Students who are interested in understanding the fundamentals of cardiac rehabilitation and exercise physiology. Topics include cardiovascular and respiratory physiology and pathophysiology, cardiovascular disease risk factors and risk profiles and cardiovascular medications. Contemporary issues and recent advances in cardiac rehabilitation are presented with in-class discussions and group work.

Learning Outcomes
By the end of this course students should be able to:
1. Critically evaluate new and novel cardiac rehabilitation interventions against a global understanding of current evidence-based cardiac rehabilitation practice in New Zealand and abroad.
2. Explain and discuss the pathophysiology associated with cardiovascular disease with an understanding of how function and responses to rehabilitation exercise are influenced by the pathology of the condition.
3. Discuss the impact of physical activity and sedentary behaviour on cardiovascular health and contemporary strategies to incorporate free living PA into cardiac disease prevention.
4. Explain and discuss contemporary issues in cardiac rehabilitation.
5. Critically appraise methodology of and interpret recent advances in cardiac rehabilitation.

Learning and Teaching
The course is delivered primarily in a lecture format (2 x 90 min lectures each week) with online content given throughout the semester. Guest lectures provide additional expert knowledge. Essential online research articles are provided throughout the semester.
Teaching Staff

Dr Rebecca Meiring  
Department of Exercise Sciences  
Faculty of Science  
P| 373 7599 ext. 84815  
E| Rebecca.meiring@auckland.ac.nz

Assessment*

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<th>Assessment</th>
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<tr>
<td>Mid-Semester Test</td>
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<td>Essays</td>
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<td>Final Exam</td>
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*subject to change

Student Feedback

97% of students were satisfied with the quality of this course (2016).