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, testing and prescription in cardiac populations. Topics include cardiovascular physiology and pathophysiology, cardiovascular disease risk factors and risk profiles, cardiovascular medications, and exercise testing and prescription in cardiac populations. Contemporary issues and recent advances in cardiac rehabilitation are presented within class discussions.

Learning Outcomes
By the end of this course students should be able to:
1. 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.
2. Critically evaluate new and novel cardiac rehabilitation interventions against a global understanding of current evidence-based cardiac rehabilitation practice in New Zealand and abroad.
3. Explain and discuss contemporary issues in cardiac rehabilitation.
4. Discuss the impact of physical activity and sedentary behaviour on cardiovascular health and contemporary strategies to incorporate free living PA into cardiac disease prevention.
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). Guest lectures provide additional expert knowledge. Research articles are provided throughout the semester.
Teaching Staff

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Student Feedback

Most of the students were satisfied with the quality of this course.

Assessment*

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<tr>
<th>Assessment</th>
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<tr>
<td>Multi-choice tutorial questions</td>
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<tr>
<td>Mid-Semester Test</td>
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<td>Class presentations</td>
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<td>Written assignment</td>
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<td>Final Exam</td>
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*subject to change

06.11.2019