

ID	3880
Curricular Unit	Cardiac Rehabilitation
Regent	Maria Helena Santa Clara Pombo Rodrigues
Learning Outcomes	The student must understand the cardiac rehabilitation continuum of care. Student needs to be able to select the correct rehabilitation setting. Learn to monitor acute hemodynamic adaptations during exercise training in cardiac patients. Students will be able to prescribe the correct dose of exercise according to the need and cardiac risk of the patient. Provide advice, support, and counseling about physical activity needs on initial evaluation and in follow-up. Provide educational materials as part of counseling.
Syllabus	(1) Contemporary cardiac rehabilitation/secondary prevention. Core components of cardiac rehabilitation/secondary prevention programs. (2) Interpretation of the assessment of the clinical risk factor for exercise and from the cardiovascular and physical fitness assessments of cardiac patients. (3) Cardiac rehabilitation in the inpatient and outpatient settings. Cardiac rehabilitation programs in outpatient settings; education and behavior modification for risk factors management; the cardiac patients quality of life. (4) Profile of physical activity of cardiac patients. (5) Physiological acute and chronic adaptation to exercise in cardiac patients. Guidelines for exercise prescription according to the clinical and risk factor profile of the patients. (6) Special considerations of cardiac rehabilitation: the older patients, women and high risk patients.
Evaluation	Students may opt either for final or continuous assessment. Continuous assessment: a written test during the course (60% of the final grade) and 2 group works (40% of the final grade). The student needs to obtain equal or higher than 8 values in each task. The student needs 1/3 of class attendance. Final exam - written and oral exam at the end of the course (the student needs to obtain equal or higher than 10 values in each exam).
Bibliography	AACVPR Cardiac Rehabilitation. Resource Manual 2006. Human Kinetics. Guidelines for cardiac rehabilitation and Secondary Prevention Programs AACVPR 2004. Human Kinetics. American College of Sports Medicine (2014). ACSM's guidelines for exercise testing and prescription (9th edition). Philadelphia: Lippincott Williams & Wilkins. Articles and international guidelines available at the Learning System of the Faculdade de Motricidade Humana.