

PHYSIOLOGY OF EXERCISE: CARDIOVASCULAR ASPECTS (CODE 2024039)

COURSE SYLLABUS:

Physiology of the Cardiovascular System.

Arterial baroreflex control.

Chemoreflex control.

Acute effect of physical exercise on blood pressure and heart rate.

Mechanisms involved in the hemodynamic response to physical exercise.

Pressor reflex of physical exercise.

Chronic effect of physical exercise on blood pressure and heart rate.

Adaptive mechanisms to physical training.

GOALS:

To discuss the acute and chronic effects of physical exercise on cardiovascular variables. At the end of the course, the student will have critical reflection on the behavior during physical exercise and the physiological adaptations involved in the training physicist.

BIBLIOGRAPHY:

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McARDLE, W.D.; KATCH, F.I.; KATCH & V.L. Fisiologia do Exercício – Energia, Nutrição e Desempenho Humano. 6ª ed. Rio de Janeiro: Guanabara Koogan, 2011.

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Barueri, SP. Manole, 2010.