

PHYSIOLOGY OF EXERCISE: RESPIRATORY AND ENDOCRINE ASPECTS (CODE 2024040)

COURSE SYLLABUS:

Respiratory physiology at rest and during physical exercise
Ergospirometry test or cardiopulmonary exercise test
Determination of ventilatory thresholds
Evaluation of ventilatory efficiency in ergospirometry
Prescription of physical exercise based on the ergospirometry test
Kinetics of oxygen consumption
Inspiratory muscle strength (manovacuometry)
Evaluation of the muscular expiratory force (manovacuometry)
Acute and chronic responses of respiratory muscle training
Prescription of respiratory muscle training
Endocrine physiology at rest and during physical exercise
Use of the counterregulatory hormones in the supply of energy substrate during the physical exercise
Evaluation of glycemic behavior during physical exercise
Insulin and non-insulin dependent glycemic control pathway.

GOALS:

To encourage learning and discussion of respiratory and endocrine physiological responses to acute and chronic physical exercise.

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