

**LABORATORY OF CARDIOVASCULAR INVESTIGATION AND PHYSIOLOGY OF THE
EXERCISE (CODE 2024041)**

COURSE SYLLABUS:

Measurement of blood pressure by indirect methods.

Measurement of blood pressure by the continuous method.

Heart rate measurement.

Analysis of heart rate variability.

Analysis of arterial baroreflex.

Evaluation of muscle blood flow, at rest and during physiological maneuvers.

Evaluation of the impact of the exercise.

GOALS:

To practice cardiovascular research methods at rest and during physical exercise. Thereby, at the end of the course, students will have hands-on experience in hemodynamic investigation and cardiovascular data analysis.

BIBLIOGRAPHY:

Berne & Levy. Fisiologia. Rio de Janeiro. Elsevier, 6ª edição. 2009.

Aires, MM. Fisiologia. Rio de Janeiro. Guanabara koogan, 3ª edição. 2008.

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.

NEGRÃO, C.E.; BARRETTO, A.C.P. Cardiologia do Exercício: do Atleta ao Cardiopata. 3ª ed.

Barueri, SP. Manole, 2010.