

EXRS 7310/7310L

Adult Fitness/Cardiac Rehabilitation

Lecture and Lab Topics and Readings

Class: 2:30 to 3:20 p.m. Monday, Wednesday, Friday (Room 114 Ramsey)

Laboratory 11:00 to 1:45 p.m. Thursday (Room 101L Ramsey)

| <u>Day and Date</u> | <u>General Topics</u> | <u>Readings*</u> |
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| Fri., 8/17 | Cardiovascular Anatomy | EKG: Ch. 1 LM: Basic Cardiovascular Physiology/Anatomy |
| Mon., 8/20 | Cardiovascular Physiology Review | LM: CV Physiology |
| Weds., 8/22 | Cardiovascular Physiology (Cont.) | |
| Thurs., 8/23 | LAB #1 Introduction and Calibration | LM: Exp. #1 |
| Fri., 8/24 | Pathophysiology | LM: Cholesterol & Pathophysiology of CHD |
| Mon., 8/27 | Pathophysiology (Cont.) | |
| Weds., 8/29 | Risk Factors and Pathophysiology | |
| Thurs., 8/30 | LAB #2 Exercises in Calibration | LM: Exp. #1 |
| Fri., 8/31 | Hemodynamic Responses at Rest and Exercise | |
| Mon., 9/3 | HOLIDAY NO CLASS | |
| Weds., 9/5 | Alterations in Hemodynamic Responses to CHD | |
| Thurs., 9/6 | LAB # 3 Taking Resting Data: Heart Rate, EKG And Blood Pressure | LM: Exp. #2 & 3 EKG: Ch 2 ACSM: Ch3 |
| Fri., 9/7 | Exercise Physiology and CHD | |

| <u>Day and Date</u> | <u>General Topics</u> | <u>Readings*</u> |
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| Mon., 9/10 | EXAM #1 | |
| Weds., 9/12 | Basic Electrophysiology | LM: Electrophysiology |
| Thurs., 9/13 | LAB #4 Recording Resting Data | LM: Exp # 2 & 3, ACSM: Ch 3 |
| Fri., 9/14 | Electrophysiology and the EKG | EKG: Ch 1 pg 28-38 LM: Electrophysiology & EKG |
| Mon., 9/17 | Basic EKG | EKG: Ch. 2 |
| Weds., 9/19 | Basic EKG Recording | EKG: Ch. 2 RM: Ch 20 |
| Thurs., 9/20 | LAB #5 Clinical GXT Procedures | LM: Exp. # 4, 5 & 6; ACSM: Ch 5 |
| Fri., 9/21 | Rate , Axis & Rotation Determinations | EKG: Ch. 3 & 13 |
| Mon., 9/24 | Cardiac Rhythms | EKG: Ch. 4,5,6 & 7 ACSM: Appendix C |
| Weds., 9/26 | Irregular Rhythms & Escape Rhythms | EKG: Ch. 8 |
| Thurs., 9/27 | LAB # 6 GXT Procedures for the Cycle Treadmill, and Arm Ergometer | LM: Exp. # 4, 5 & 6; ACSM: Ch 4 & 5 |
| Fri., 9/28 | Irregular Rhythms & Escape Rhythms | EKG: Ch. 9 |
| Mon., 10/1 | Irregular Rhythms & Escape Rhythms | EKG: Ch. 9 |
| Weds., 10/3 | Irregular Rhythms & Escape Rhythms | EKG: Ch. 10 |
| Thurs., 10/4 | LAB #7 GXT Procedures for the Cycle Treadmill, and Arm Ergometer | LM: Exp. # 4,5, & 6; ACSM Ch 4 & 5 |
| Fri., 10/5 | Irregular Rhythms & Escape Rhythms | EKG: Ch. 11 |
| Mon., 10/8 | Heart Blocks | EKG: Ch 12 |
| Weds., 10/10 | Bundle Branch Blocks | EKG: Ch. 14 |
| Thurs., 10/11 | LAB #8 GXT Procedures for the Cycle Treadmill, and Arm Ergometer | LM: Exp. # 4,5,6 ACSM: Ch 4 & 5 |

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| Fri., 10/12 | Bundle Branch Blocks (Cont.) & Pre-excitation | EKG: Ch. 14 |
| <u>Day and Date</u> | <u>General Topics</u> | <u>Readings*</u> |
| Mon., 10/15 | Hypertrophy - Ventricular and Artrial | EKG: Ch. 14 |
| Weds., 10/17 | Infarct, Injury and Ischemia | EKG: Ch. 15 |
| Thurs., 10/18 | LAB # 9 Emergency Equipment & Drugs | AHA: Pg 24 - 32; ACSM: Appendix B |
| Fri., 10/19 | Infarct, Injury and Ischemia (Cont.) | EKG: Ch. 15 |
| Mon., 10/22 | EXAM #2 | |
| Weds., 10/24 | Other Cardiac Conditions & the EKG | EKG: Ch 16 |
| Thurs., 10/25 | FALL BREAK - UGA CLOSED NO LAB | |
| Fri., 10/26 | FALL BREAK - UGA CLOSED | |
| Mon., 10/29 | The Graded Exercise Test | ACSM: Ch. 2 |
| Weds., 10/31 | The GXT Protocols | ACSM: Ch. 4, pg. 63-78, & Ch. 5 |
| Thurs., 11/1 | LAB #10 Emergency Procedures | LM: Exp. # 7; AHA: Part 4 |
| Fri., 11/2 | Positive & Negative GXT Results | ACSM: Ch 6 |
| Mon., 11/5 | Diagnostic and Prognostic Determinations | ACSM: Ch 5 & 6 |
| Weds., 11/7 | Sensitivity, Specificity and Predictive Values | ACSM: Ch 5 & 6 |
| Thurs., 11/8 | LAB #11 Emergency Procedures Practice | LM: Exp # 7 |
| Fri., 11/9 | Sensitivity, Specificity and Predictive Values (Cont.) | ACSM: Ch 5 & 6 |
| Mon., 11/12 | Clinical Testing and Management of the CHD Patient (Dr. Harvey Ouzts, MD Cardiologist) | ACSM: Ch 5, pg. 110-112 |
| Weds., 11/14 | Exercise training and the CHD patient | ACSM: Ch 6, 7, & 8 |
| Thurs., 11/15 | LAB #12 Emergency Procedures Practice/ | LM: Exp. # 7 |

