

Western Michigan University
Department of HPER

HPER 3170 Cardiovascular Health
Summer 2009

Instructor: Timothy J. Michael, Ph.D.
Office: 1052 SRC
Phone: 387-2691
Email: tim.michael@wmich.edu

Course Description:

This course is designed to review and to increase the knowledge base of students in the area of cardiovascular health. This will include discussions of anatomy, physiology, pathophysiology, epidemiology, medical procedures and treatments.

Resources:

Heart Disease and Rehabilitation, 3rd Edition (1995). Michael L. Pollock and Donald H. Schmidt, Editors. Human Kinetics. Champaign, IL.

Physical Activity and Cardiovascular Health: A National Consensus. (1997). Arthur Leon, Editor. Human Kinetics. Champaign, IL.

ACSM's Resource Manual for Guidelines for Exercise Testing and Prescription, 6th Edition. (2005). Lippincot, Williams and Wilkins, Philadelphia, PA.

Course Objectives:

Upon completion of this course students will have developed knowledge related to:

- understanding cardiovascular anatomy and how it relates to various conditions and treatments.
- understanding cardiovascular physiology and how it relates to various conditions and treatments.
- understanding the electrophysiology of the heart and its relation to heart conditions
- understanding the pathophysiology of heart disease
- understanding a variety of heart conditions
- understanding the epidemiology of heart disease and physical activity
- understanding a variety of surgical procedures and diagnostic techniques
- understanding the variety of medications that are used to treat heart conditions
- understanding the many factors that place someone at risk for heart disease
- understanding the process of cardiac rehabilitation

Course Content:

Part I: May 4, 6, 11, 13, 18, 20

Introduction

Cardiovascular Anatomy

Cardiovascular Physiology

Electrophysiology of the Heart

Pathophysiology of Heart Disease

Other Heart Conditions

NOTE: No Class on May 25th and 27th

EXAM I (June 1st)

Part II: June 3, 8, 10, 15, 17, 22

Epidemiology of

-Heart Disease

-Physical Activity

Diagnostic Techniques and Surgical Procedures

Medications

Risk Factors

Cardiac Rehabilitation

EXAM II: (June 24th)

Course Evaluation:

Exam 1 35 %

Exam 2 35 %

Critiques 30 %

Grade Scale:

100-92	A
91-87	BA
86-83	B
82-78	CB
77-70	C
69-65	DC
64-60	D
59-0	E

Things to Remember:

-This outline/Syllabus is subject to change.

-Grades are "earned" not "given"

-No Extra Credit! So don't ask for it.

-Attendance is not factored into your grade, however, failure to attend class will almost certainly guarantee poor performance on exams and assignments.

-If you do not understand something, then find-out! Come and see me, ask questions, do not wait until it is too late.

-All written work must be typed. Assignments will be assessed a 25% penalty/day late. No make-up exams will be given, unless arrangements are made prior to the exam or verifiable medical excuse is provided.

-You are responsible for making yourself aware of and understanding the policies and procedures in the Undergraduate (pp. 268-270) [Graduate (pp. 24-26)] Catalog that pertain to Academic Integrity. These policies include cheating, fabrication, falsification and forgery, multiple submission, plagiarism, complicity and computer misuse.

If there is reason to believe you have been involved in academic dishonesty, you will be referred to the Office of Student Judicial Affairs. You will be given the opportunity to review the charge(s). If you believe you are not responsible, you will have the opportunity for a hearing. You should consult with me if you are uncertain about an issue of academic honesty prior to the submission of an assignment or test.

-REASONABLE ACCOMMODATIONS FOR STUDENTS WITH DISABILITIES

If you have a disability that may require assistance or accommodations, or you have questions related to any accommodations for testing, note takers, readers etc., please speak with me as soon as possible. Students may also contact the Office of Disabled Student Services with questions about such services.