

Logbook-cum-Portfolio

Elective Module : Cardiovascular parameters in exercise

Introduction :

Cardiovascular disease is the leading cause of morbidity and mortality worldwide. Among the many risk factors that predispose to cardiovascular disease development and progression is sedentary lifestyle, characterized by consistently low levels of physical activity. Conversely, the regular exercise and physical activity is beneficial for cardiovascular health. Frequent exercise is associated with a decrease in the risk of developing cardiovascular disease as well as cardiovascular mortality and may modestly increase life expectancy. The role of Cardiovascular system is to maintain adequate tissue perfusion under different physiological conditions. The adjustments that occur during exercise helps to evaluate the extent and the sensitivity of regulatory mechanisms of the Cardiovascular system. The knowledge about various changes in Cardiovascular system in response to exercise helps to diagnose the risk of effort induced ischemia of cardiac muscle and hence cardiac performance and reserve. This will further help in order to develop more effective exercise regimes, test the interaction of exercise with diet and develop pharmacological interventions for those unwilling or unable to exercise.

Name of the Block	Block 1
Name of the Elective	Cardiovascular parameters in exercise
Location of hospital lab/research facility	Department of Physiology, College Campus, DMCH
Name of the Internal Preceptor	Dr. Vidushi Gupta
Name of the External Preceptor	NA
Learning objective of the elective	• To know about different types of exercise. • To list the various tests to assess the cardiovascular changes with exercise. • To perform the tests. • To interpret the changes recorded after exercise. • To describe the physiological basis of cardiovascular changes with exercise.
No. of students that can be accommodated in this elective	4
Prerequisites for elective	Knowledge about Cardiovascular Physiology
Learning resources for students	• Bern & Levy Physiology • Text Book of Medical Physiology by Guyton & Hall • Comprehensive Test Book of Physiology by GK Pal
List of activities of student participation	• Work daily with a supervisor in observing & performing the exercise. • Record the effects of exercise on cardiovascular parameters.
Portfolio entries required	Documentation of the work done in log books
Log book entry required	Completion of posting signed by preceptor with a meet expectation (M) grade
Assessment	• Attendance • Day to day participation in the assigned tasks. • Presentation by the student • Reflections writing • Verification of portfolio and log book entries.

