

KINE 4704 – The Impact of Exercise and Physical Activity on Cardiovascular Health in Older Adults

This course is designed for senior undergraduate and Masters-level graduate students with a focus on the impact that healthy ageing has on cardiovascular health. In addition, this course will explore how ageing influences the acute cardiovascular responses to exercise, as well as how regular physical activity and exercise training can improve cardiac and arterial health. Information will also be provided regarding how exercise testing may need to be adapted for healthy older adults, as well as what current physical activity and exercise guidelines are for older adults and Masters Athletes. Finally, students will also be provided the opportunity to uncover how an age-related clinical disorder impacts autonomic nervous system control of the cardiovascular system as part of a final independent project. The course will consist of didactic lectures, seminar presentations, literature reviews and student-driven presentations. The topics for the final project will be decided upon by the students in consultation with Dr. Kimmerly.

Pre-requisites: KINE 3419