

Prof. Barry Franklin

Past-President American College of Sport Medicine

Titolo del corso Physical activity and health promotion: methodological and clinical aspects.

Le lezioni saranno sui seguenti argomenti (suscettibili di minor changes):

- 1 Fundamentals of exercise physiology and cardiopulmonary exercise testing: Clinical implications
2. Benefits of cardiorespiratory fitness and regular physical activity: Clarifying the risk-protection paradox
3. Extreme exercise and cardiovascular health: Changing paradigms and perceptions
4. Recent advances in preventive cardiology and lifestyle medicine
5. Don't forget tobacco: Impact of secondhand smoke and a smoke-free environment on cardiopulmonary health
6. Anti-aging benefits of regular exercise and increased cardiorespiratory fitness
7. Cardiac rehabilitation in modern cardiology: Incorporating new populations (Heart failure, Peripheral Artery Disease) and approaches
8. How much exercise is enough ?
9. Triggers of acute cardiac events: Novel preventive strategies
10. GPS for success: 10 Behavioral skills of highly successful people (would like to include this "motivational" presentation--very popular in the U.S.)

Calendario Lezioni ed aule

9 ottobre 2a3

16 ottobre 1b3

23 ottobre 1b3

30 ottobre 2a1

31 ottobre 1b3

6 novembre 1b3

13 novembre 1b3

20 novembre da definire

27 novembre da definire