Janus Sistema Administrativo da Pós-Graduação

Relatório de Dados da Disciplina

Sigla: MCP5838 - 2 **Tipo:** POS
Nome: Tópicos Avançados sobre o Papel do Exercício Físico na Fisiopatologia Cardiovascularr
Área: Cardiologia (5131)

Datas de aprovação:

CCP: 13/10/2009 **CPG:** 13/11/2009 **CoPGr:**

Data de ativação: 13/11/2009 **Data de desativação:**

Carga horária:

Total: 60 h **Teórica:** 7 h **Prática:** 6 h **Estudos:** 7 h

Créditos: 4 **Duração:** 3 semanas

Responsáveis: 76902 - Carlos Eduardo Negrão - 13/10/2009 até data atual
1271822 - Maria Urbana Pinto Brandão Rondon - 13/10/2009 até data atual

Objetivos:

1- Transmitir aos alunos conhecimentos avançados sobre as adaptações celulares, morfológicas e funcionais promovidas pelo exercício físico nas fisiopatologias do sistema cardiovascular;
2- Desenvolver nos alunos uma visão crítica do estado da arte sobre o papel do exercício nas fisiopatologias do sistema cardiovascular, procurando, com isto, abrir possibilidades para futuros estudos na área da cardiologia.

Justificativa:

O exercício físico tem sido amplamente recomendado para a prevenção dos fatores de risco e para o tratamento de doenças cardiovasculares. Os resultados de estudos recentes apontam para um fato ainda mais expressivo associado ao exercício, isto é, a relação inversa entre a capacidade física e o risco de todas as causas de morte. Este estado de conhecimento tem motivado diferentes grupos, inclusive o nosso, a investigar os efeitos agudo e crônico do exercício físico no sistema cardiovascular e, principalmente, a identificar os mecanismos que norteiam esses efeitos, particularmente em pacientes com síndrome metabólica, hipertensão arterial, insuficiência cardíaca e insuficiência coronariana. Nesta trajetória de investigação, o nosso grupo tem alcançado resultados expressivos que contribuem, sobremaneira, para o avanço de conhecimento nas áreas de fisiologia e cardiologia do exercício. Portanto, nós entendemos que a missão acadêmica natural do nosso grupo é transmitir esses conhecimentos aos alunos de pós-graduação, ampliando, com isto, a sua visão crítica e o seu interesse por investigações científicas em cardiologia e fisiologia do exercício.

Conteúdo:

Teórico:
• Efeitos do Exercício no Sistema Cardiovascular: da molécula à clínica
- Adaptações cardiovasculares centrais e periféricas provocadas pelo exercício
- Bases moleculares dos efeitos do exercício na musculatura esquelética
- Bases moleculares da hipertrofia ventricular desencadeada pelo exercício
- Limites clínicos da hipertrofia ventricular fisiológica
- Influência de variantes genéticas nas adaptações cardiovasculares provocadas pelo exercício
- Impacto dos esteróides anabolizantes no sistema cardiovascular
• Exercício Físico na Prevenção Primária de Doença Cardiovascular
- Exercício físico na função endotelial: Implicações no balanço anti-oxidante e pró-oxidante
- Papel do exercício no controle da dislipidemia: Influência na cinética de colesterol e subfrações
- Obesidade e síndrome metabólica como gatilhos de anormalidades autonômicas e cardiovasculares: Correção pelo exercício físico e dieta hipocalórica
- Mecanismos autonômicos e hemodinâmicos envolvidos na redução da pressão arterial pelo exercício físico.
• Exercício Físico no Tratamento de Doenças Cardiovasculares
- Alterações autonômicas e hemodinâmicas provocadas pela síndrome coronária a aguda: Benefícios do exercício físico
- Exercício físico na doença aterosclerótica: Implicações na regressão da placa, vasculogênese e expressão de células progenitoras do endotélio
- Bases moleculares do exercício físico na síntese e degradação de proteína muscular em pacientes com insuficiência cardíaca
- Papel do exercício físico associado ao uso do Beta-bloqueador no tratamento da insuficiência cardíaca
- Perspectivas da associação da terapia de ressincronização cardíaca e do exercício físico no tratamento da insuficiência cardíaca.

Bibliografia:

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Forma de avaliação:

Apresentação escrita e oral de projeto de pesquisa envolvendo as temáticas apresentadas em aula.

Observação:

Pré-requisitos: Alunos com conhecimentos básicos sobre fisiologia e cardiologia do exercício

Número de alunos: 15 (quinze).

Gerado em 25/10/2010 15:45:22