

Attività formativa del progetto

COLLEGALE NON RESIDENTE

In collaborazione con la Facoltà di Medicina e Chirurgia - Dipartimento di Medicina Interna e Terapia Medica. Il corso è rivolto a tutti gli studenti dei corsi di laurea magistrale dell'Università di Pavia ed in particolare di Medicina e Chirurgia corso Golgi ed è inseribile nel piano di studi con codice [510713].

Il corso si terrà in lingua inglese.

DOCENTE

Jason David ALLEN

University of Virginia

PROPOSTA FORMATIVA A.A. 2024 2025 ALMO COLLEGIO BORROMEO

info

 **Almo Collegio Borromeo**
Piazza Collegio Borromeo 9

 CORSO IN PRESENZA
ISCRIZIONE OBBLIGATORIA
> www.collegioborromeo.it

UNDERSTANDING VASCULAR HEALTH AND FUNCTIONAL IMPAIRMENT IN THE ATHEROSCLEROTIC DISEASE PROCESS ROLE OF EXERCISE

lunedì

5

maggio

DUEMILA 25

martedì

6

maggio

DUEMILA 25

mercoledì

7

maggio

DUEMILA 25

giovedì

8

maggio

DUEMILA 25

LECTURE & QUESTIONS

11.00 - 13.00

PART 1 | CARDIOVASCULAR PHYSIOLOGY

Brief overview of CV system
PA/Fitness and CV system
Associations between fitness and CV health
What is CV fitness

13.15 - 15.15

LAB activity 1: Soccer game with heart rate monitoring

11.00 - 13.00

PART 2 | ACUTE RESPONSES AND CHRONIC ADAPTATIONS TO EXERCISE

Factors that limit aerobic performance
Delineate CV system response to acute exercise
Chronic adaptations to exercise

16.30 - 18.30

LAB activity 2 | HIPE Lab, Via Forlanini 6 (Pavia)
VO2max testing and data interpretation

11.00 - 13.00

PART 3 | CLINICAL CONDITIONS RELATED TO CV AND BENEFITS FROM EXERCISE

Atherosclerosis by numbers
Atherosclerosis pathophysiology
CHF, PAD
Beneficial effects of exercise on CV diseases

14.30 - 18.30

LAB activity 3 | HIPE Lab, Via Forlanini 6 (Pavia)
Socratic Discussion of a scientific project

LECTURE & QUESTIONS

11.00 - 13.00

PART 4 | NITRIC OXIDE BIOAVAILABILITY, VASCULAR FUNCTION AND HEALTH

NO and the nitrate pathway,
Factors that influence response to nitrate
Ergogenic Aid or Clinical Therapeutic
Data on PAD, CHF, Sex differences, Post MP females

14.30 - 17.00

LAB activity 4 | HIPE Lab, Via Forlanini 6 (Pavia)
**Testing vascular function (BP, Leg passive movement,
Vascular occlusion and FMD)**

17.30 - 18.30

Chris EASTON (Heriot-Watt University, Edinburgh):

*We are what we eat: interplay between the oral
microbiome, exercise, and health*

**Jason ALLEN: Effects of Inorganic Nitrate: Supplementation
between the Sexes and Across the Menstrual Cycle**

FOLLOWS: Happy hour with the scientists | Pavia, Piazza della Vittoria

PUBLIC EVENT