



Course Title: **Healthy Heart for a Healthy Life**

Produced by: **Fitness Learning Systems**  
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Course Type: **e-Learning Home Study**

Credit hours: IACET (International Association for Continuing Education and Training) 0.3  
(3 Hours) Approved and Accepted by several additional organizations.

Continuing Education:

To receive continuing education for this course you must receive a 75% or higher score on a multiple choice quiz.

Author:

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Tina Schmidt-McNulty is Registered Nurse and also holds a Masters of Science degree in Clinical Exercise Physiology. She is an ACSM Certified Exercise Specialist, AEA Aquatic Fitness Professional, and ACE Group Fitness Instructor. She is an instructor trainer for the Arthritis Foundation for both land and aquatic exercise programs and plays an integral part in the Purdue University Calumet Bachelor of Science degree in Fitness Management as an Adjunct Professor. Tina has been involved in the fitness industry for over 15 years as a presenter, author and instructor. She has been a presenter in the past at AWKA conventions and has also created the Gravity vs. Buoyancy: Friend and Foe eLearning course through FLS. In her spare time, she enjoys exercising, teaching and spending quality time with her husband and 2 children.

Course Summary:

Heart disease and its complications is the leading cause of death in the US for both men and women. Exercise plays an important role in prevention and treatment of heart disease. This course explores risk reduction, prevention, and management of heart disease through lifestyle changes and exercise. Learn how to safely and effectively lead your clients to a healthier heart and a healthier life.

Objectives:

After completing this course you will be able to:

1. Recognize basic structures in the anatomy of the heart.
2. Describe coronary heart disease and identify common diseases of the heart.
3. Discuss the parameters for 8 primary risk factors, basic risk factor analysis, and 4 additional

- factors affecting the development of heart disease.
4. Describe the basic progression of heart disease.
  5. Discuss the nature of symptoms for heart disease and the symptoms of heart attacks for women and men.
  6. Identify 7 medical tests typically used in the diagnosis of heart disease.
  7. Discuss 6 complications of heart disease.
  8. Describe general treatment and 4 commonly used medications for treatment of heart disease.
  9. Discuss the cardiac rehabilitation process and identify the 4 phases of cardiac rehabilitation.
  10. Discuss the 4 parameters of exercise programming for clients with heart disease and 5 parameters for exercise recommendations for prevention of heart disease.
  11. Identify 9 recommendations for prevention of heart disease.

## Outline:

Introduction

Objectives

Anatomy of the Heart

Diseases of the Heart

Section 1 Quiz

Risk Factors for Heart Disease

Age

Family History

Cigarette Smoking

Sedentary Lifestyle

Obesity

Hypertension

Hyperlipidemia

Prediabetes

Summary of Risk Factors

Risk Factor Analysis

Additional Heart Disease Factors

The Progression of Heart Disease

Section 2 Quiz

Symptoms of Heart Disease

Diagnosing Heart Disease

Electrocardiogram (EKG, ECG)

Stress Tests

Nuclear Imaging

Echocardiography

Cardiac Magnetic Resonance Imaging (MRI)

Cardiac Computerized Tomography (CT)

Cardiac Catheterization

Complications of Heart Disease

Treatment for Heart Disease

Cardiac Rehabilitation

Exercise Programs for Heart Disease

Frequency and Duration

Type of Exercise

Intensity

Stretching and Strength  
Prevention of Heart Disease  
Section Quiz 3

Prevention of Heart Disease  
Bibliography  
About the Author  
Media Credits  
CEC Quiz

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