Exercsise sports health and nutrition: Cardiac Physiology

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1. Review blood flow through the heart and the body (2.3)
	1. Relationship between pulmonary and systemic circulation (2.24)
	2. Blood supply to the heart and the lungs



<http://anatomyofthefoot.com/wp-content/uploads/2016/08/diagram-of-blood-flow-through-heart-kleczekbiology-circulatory-system.gif>

NOTES:

1. Review electrical signals in the heart, the ECG
	1. P wave - Atrial depolarization
	2. QRS complex - Ventricular depolarization
	3. T wave - Ventricular repolarization



<http://classes.midlandstech.edu/carterp/Courses/bio211/chap18/Slide19.jpg>

NOTES:

1. Regulation of heart rate (2.24)
	1. Heart has it’s own pacemaker (**intrinsic** **regulation**)
	2. **Sympathetic** and **parasympathetic** nervous systems override the natural pacemaker (**extrinsic regulation**)
	3. Difference in heart transplant - nerves are cut.



http://classes.midlandstech.edu/carterp/Courses/bio211/chap18/Slide18.jpg

NOTES:

1. When the heart pumps, it creates pressure in the arteries (2.29):
	1. **Systolic blood pressure:** the force exerted by the blood on the arteries during ventricular contraction
	2. **Diastolic blood pressure:** the force exerted by the blood on the arterial walls during ventricular relaxation
	3. NOTES:
2. Estimation of Cardiac Output (2.26- 2.27))
	1. Cardiac Output = Stroke Volume x Heart rate
	2. What happens in different populations
		1. Trained versus untrained athlete (2.213)
		2. Young versus old

NOTES:

1. Introduction to Echocardiography - you tube video: <https://www.youtube.com/watch?v=gsW4Ox-RPK4>
	1. Echo demonstration - with ecg
	2. Cardiac output by echo
	3. NOTES:
2. Physiologic Response to Exercise LAB
	1. HR
	2. BP
	3. Blood pool