



## **EMENTA DE DISCIPLINA**

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### **EFJ801 – Tópicos Especiais Avançados em Exercício Físico e Saúde**

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**Nível:** Doutorado

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**Carga Horária:** 45 h/aula – 3 créditos

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#### **Ementa:**

Aspectos biológicos associados à adesão ao exercício físico; Aspectos socioeconômicos associados à adesão ao exercício físico; Avaliação físico-funcional em pacientes neurológicos; Treinamento de força e resposta da pressão arterial durante e após o esforço; Pré-condicionamento isquêmico e treinamento de força com oclusão vascular; Avaliação da capacidade funcional de pacientes com disfunções cardiorrespiratórias crônicas; Periodização do treinamento de força objetivando a melhoria da aptidão física voltada à saúde; Exercício físico e saúde em uma perspectiva sociocultural; Influências biomecânicas no déficit bilateral medido em equipamentos isocinéticos; Marcadores Genéticos associados ao Exercício Físico e à Saúde.

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