
Learning Objectives

MedBridge

Diet and Exercise Considerations for Cardiopulmonary Disease Management

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Course Objectives

- An understanding of the process of aging and how genetics, nutrition, exercise, activity and lifestyle impact health and wellness
- Understand nutritional basics and the influence of nutrition on disease/pathology
- An awareness of the role nutrition plays in the aging individual, exercise and wellness.
- Specific knowledge about: exercise and nutritional prescription
- Specific knowledge about: nutritional and exercise prescription in COPD, CAD and PVD

Chapter 1: COPD: Diet & Exercise in Disease Management

- An understanding of the process of aging and how genetics, nutrition, exercise, activity and lifestyle impact health and wellness
- Understand nutritional and exercise basics and their influence on disease/pathology in COPD and peripheral and central vascular diseases
- An awareness of the role specific vitamins, minerals and micronutrients and overall nutrition plays in the aging individual with pulmonary and/or vascular diseases, exercise and activity tolerance and wellness.
- Specific knowledge about: nutritional and exercise prescription in COPD, CAD and PVD

Chapter 2: Cardiac & Vascular Diet & Exercise Management

- An understanding of the process of aging and how genetics, nutrition, exercise, activity and lifestyle impact health and wellness
- Understand nutritional and exercise basics and their influence on disease/pathology in COPD and peripheral and central vascular diseases
- An awareness of the role specific vitamins, minerals and micronutrients and overall nutrition