



SUPERVISION FOR BACHELOR, MASTER AND DIPLOMA PROJECTS

IN EXERCISE-BASED CARDIAC REHABILITATION, PREVENTIVE CARDIOLOGY AND SPORTS CARDIOLOGY

PD Dr. med. David Niederseer



PARTICIPATION

Students of sport science, physiotherapy, medicine, and nursing science are welcome to participate.



BACKGROUND

Physical activity and training have proven beneficial on physical and mental well-being, on cardiovascular health and disease. Exercise-based cardiac rehabilitation is therefore recognized as a key component in comprehensive disease management. It has shown to be successful at improving health-related quality of life and cost-effectiveness. Additionally, providing reduced risk of cardiovascular mortality, myocardial infarction, and hospitalization.



AIMS

The aim of this research is to investigate exercise-based cardiac rehabilitation effects on body composition and functional performance of cardiovascular patients. In a next step the investigation aims to unravel potential gender, age, diagnosis, and training intervention related effects.



TASKS

- body composition assessment (BIA)
- functional performance assessment (6MWT)
- Cardiopulmonary Pulmonary Exercise Testing (CPET)
- data extraction and analysis
- publication, presentation, and dissemination of data



BENEFITS

- gaining experience in interdisciplinary clinical research
- own research activity
- practical tasks and experience with cardiovascular patients
- close supervision and collaboration
- independent and flexible working
- internal educational opportunities (e.g. journal club attendance, CPET education attendance, etc.)



DATE

Entrance is possible at any times.



CONTACT

Interested? Please send a CV and motivational letter to letizia.halbheer@hgk.ch

