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- The only abstracting service dedicated to research in ergonomics and human factors - an essential tool for all ergonomics researchers and practitioners searching for the latest information in their subject area
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- Currently includes over 120,000 records covering more than 20 years of ergonomics research
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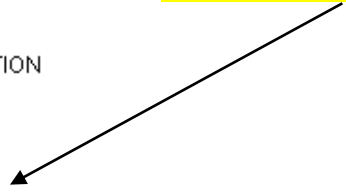
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AND [] ALL words [] in [] []
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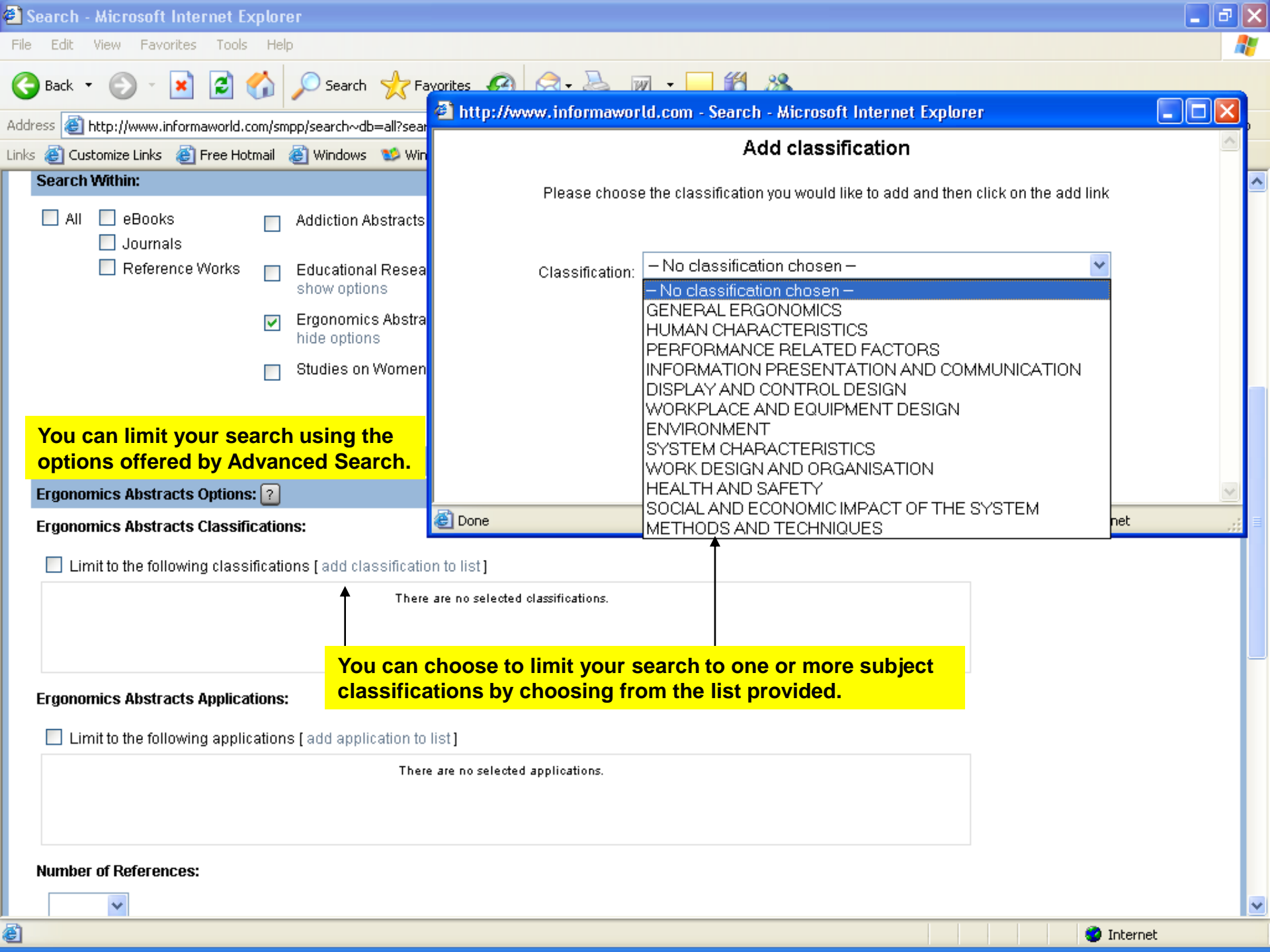
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
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Abstract

Although regular physical activity is beneficial for many clinical conditions, an acute bout of exercise might increase the risk of an adverse clinical event, such as sudden cardiac death or myocardial infarction, particularly in vulnerable individuals. Since it is also known that the incidence of these events peaks in the morning and that some cardiac patients prefer to schedule leisure-time physical activity before lunch, the question arises as to whether morning exercise is 'inherently' more risky than physical activity performed at other times of day. The authors attempt to answer this question by reviewing the relevant epidemiological data as well as the results of chronobiological and exercise-related studies that have concentrated on the pathophysiological mechanisms for sudden cardiac events. They also consider generally how chronobiology might impact on exercise prescription in heart disease. The authors performed a structured literature search in the PubMed and WEBofSCIENCE databases for relevant studies published between 1981 and 2004. The limited amount of published epidemiological data did not allow them to conclude that a bout of vigorous exercise in the morning increases the relative risk of either primary cardiac events in apparently healthy individuals, or secondary events in cardiac patients enrolled in supervised exercise

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Acute Heat Exposure Increases High-Intensity Performance during Sprint Exercise A.C.R. Lacerda; F. Gripp; L.O.C. Rodrigues; E. Silami-Garcia; C.C. Coimbra; L.S. Prado Ergonomics Abstracts; Abstract Number: 216538 Source: European Journal of Applied Physiology; 2007; Volume 99 No. 1 Pages 87 - 93

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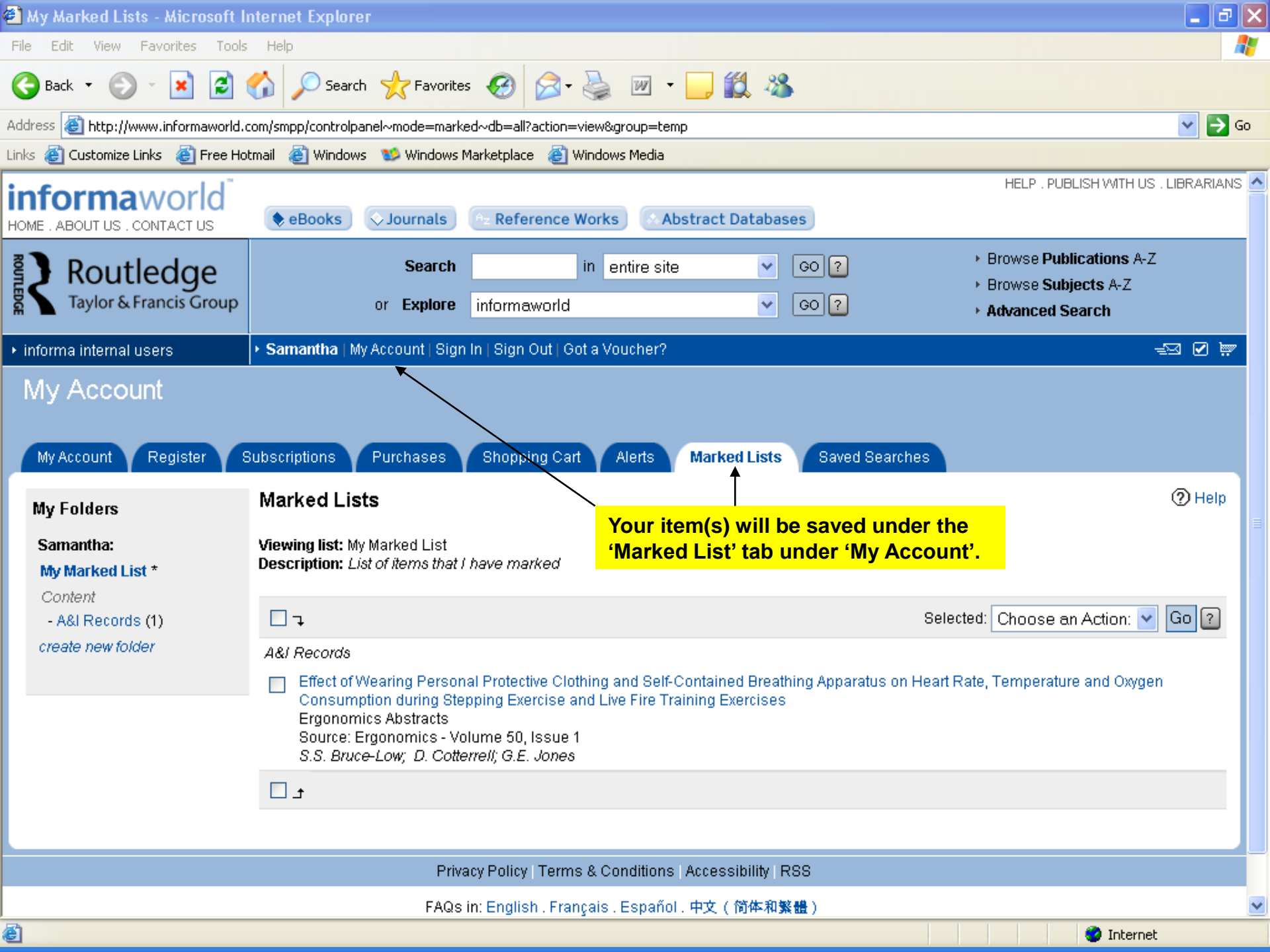
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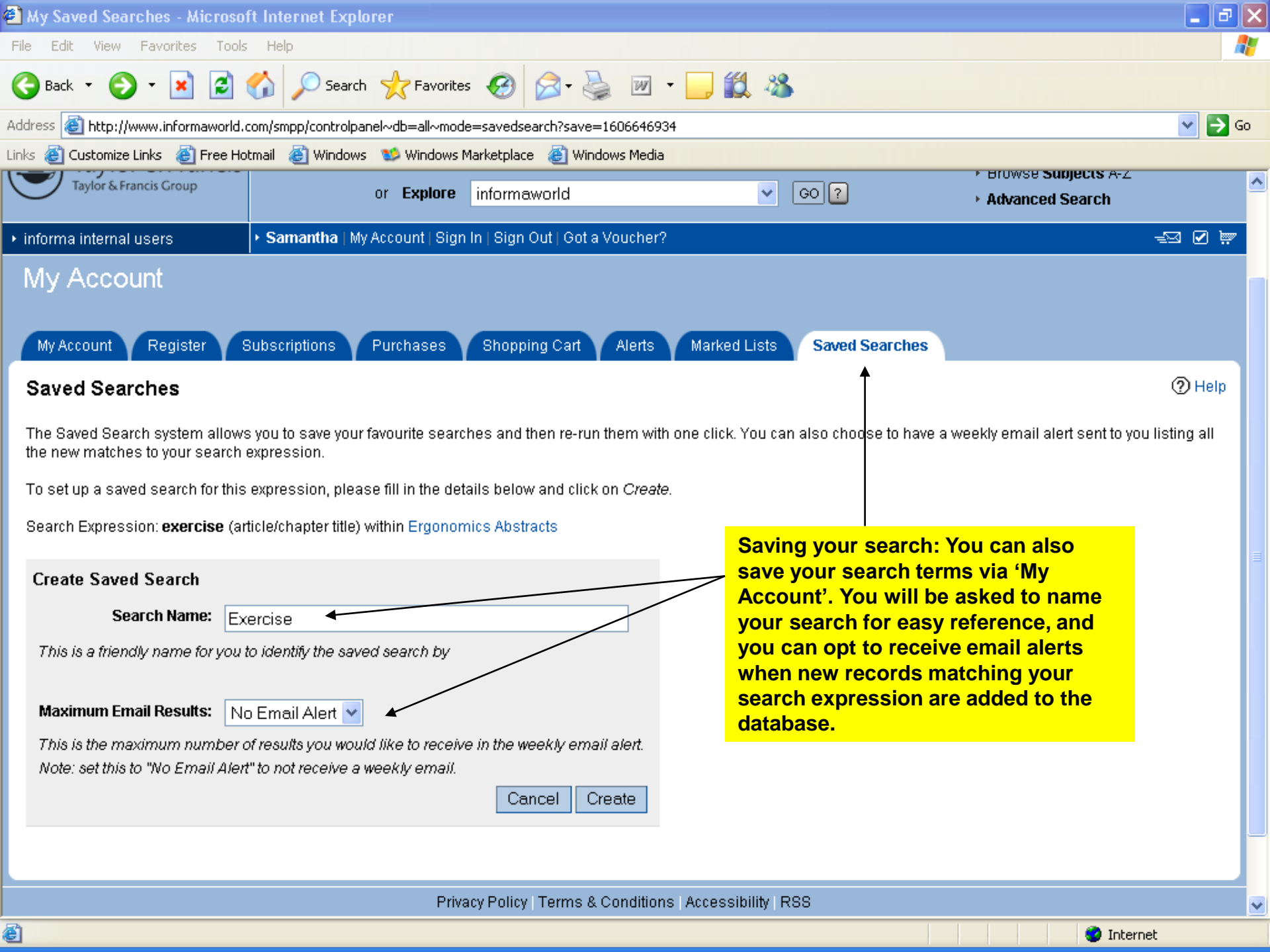
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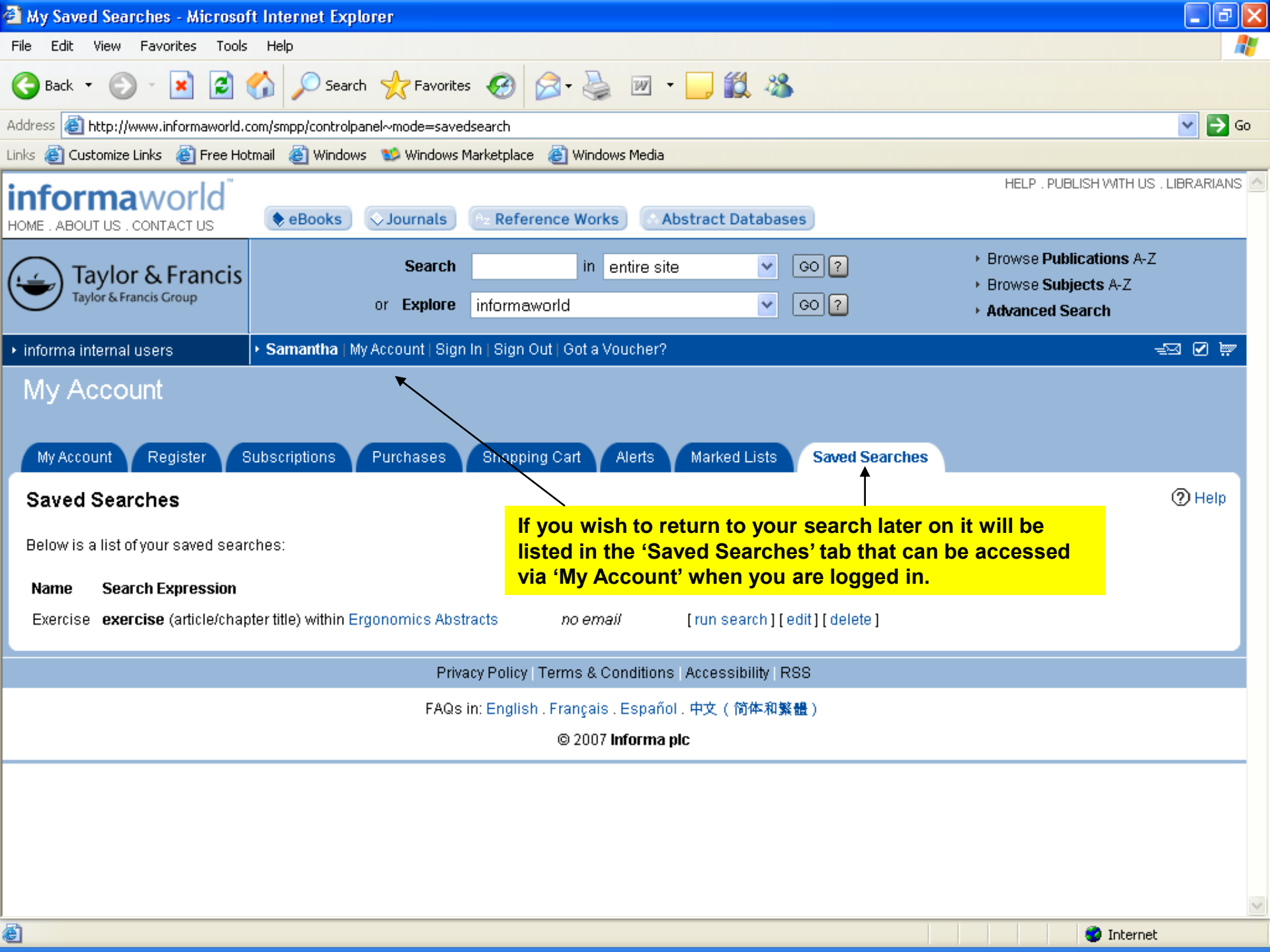
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