

The following are the Perusall instructions given to students as part of their prep assignment:

BEFORE starting the reading, answer the following question:

Pre-activity poll: (optional)

The main goal of exercise in cardiovascular disease is:

- Functional improvement
- Change in underlying disease process
- Functional improvement AND change in underlying disease process
- Maintenance of condition/avoidance of deterioration

Instructions:

1. **Highlight AT LEAST 5** clear benefits of exercise that NOBODY ELSE HAS INDICATED, and **comment** your highlights with your understanding of the benefit *as you would explain it to a client* (I did one as an example!)

****NOTE: please **note down BRIEFLY (i.e. point form summary) the FIVE benefits** you found and the disease they are related to 😊

- Write both the physiological benefit and your “translation”
 - BRING THESE TO CLASS to use for an activity
2. **Comment** on any content you don't understand (fuzzy points) OR

Ask 1 (one) question **OR answer** one question! (or comment on a colleague's "fuzzy point" if you think you understand it)

N.B.: THE GOAL of this activity is not to MEMORIZE the content of this article, nor to dive into the deep molecular level physiology of each benefit, but to gain a GLOBAL APPRECIATION of the benefits of exercise training in preventing and treating vascular disease....! **Learning to "read diagonally"** is an important skill for future busy clinicians! Practice pulling out valid/relevant information to reinforce your own understanding & clinical choices as well as gathering clinical tidbits to share with clients as motivators... :)

Optional: Repeat poll in class to look at perceptual shift with students.