



## About the Programme

Cardiovascular disease remains the leading cause of death and morbidity in western countries with a huge human and economic impact across the health systems worldwide. Although there have been significant improvements in pharmacological and interventional treatments, it is now considered necessary to invest in prevention and rehabilitation, complementing the other interventions.

The programme builds an interdisciplinary training with the most current approach in rehabilitative practice and exercise guidance which has an explosive dynamic and is still underdeveloped in most areas across Europe.

On the other hand, the program offers the necessary training for exercise recommendations in patients with cardiac diseases. Exercise in cardiovascular diseases should strike a balance between the multiple benefits of exercise and the small risk of sudden death and adverse events during strenuous effort.

## Course highlights

The programme builds an interdisciplinary training with the most current approach in rehabilitation practice and exercise guidance which has an explosive dynamic and is still underdeveloped in most areas across Europe.

### Quality Education

Lecturers and experts from different backgrounds engage students to the holistic management of exercise and rehabilitation cardiac cases.

### Promotes collaboration

Students are given the opportunity to collaborate with researchers and conduct their own research.

### All important steps for your career

This MSc provides students novel skills, theories, and methods that enrich their curriculum and make them more unique, innovative, and marketable professionals.

## About the Program

The Medical School of the University of Crete is located in one of the biggest medical and research complexes in Greece located about 7 km from Heraklion. The Medical School of the University of Crete has always aspired to become a modern teaching and research centre committed to excellence in education and training of students, physicians and biomedical scholars and has achieved international recognition. The Medical School is affiliated with the University Hospital. The Department of Cardiology provides comprehensive evaluation, consultation, and medical and surgical management of diseases of the heart and circulatory system with the latest technology, skilled physicians and compassionate staff; the department provides care for all the spectrum of cardiovascular disease. In addition, patient rehabilitation care is available at the University Hospital facilities, providing state-of-the-art rehabilitative care for patients while they continue to be supported with excellent medical care. This integrated approach allows for more successful recovery and improved long-term health.



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Exercise and  
exercise based cardiac  
rehabilitation in patients  
with cardiac diseases

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## Exercise and exercise based cardiac rehabilitation in patients with cardiac diseases

A unique Master Program in Cardiac Rehabilitation

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