

Study program: Integrated academic studies in medicine			
Type and level of the study program: integrated academic studies			
Course title: Sports Medicine (M5-SPORT)			
Teacher: Barak F. Oto, Drapšin P. Miodrag, Karaba Jakovljević I. Dea, Klašnja V. Aleksandar			
Course status: elective			
ECTS Credits: 3			
Condition: -			
Course aim The basic goal of education from Sports Medicine is to familiarize students with the basics of sports medicine as well as the body function during the exercise. Getting acquainted with the mechanisms and the occurrence of injuries during training and competition. Diagnostics of sports injuries, health conditions and diseases and their therapy. A special review of cardiology in sports. Nutrition in sports and recreation. Diagnostics of functional abilities of athletes and recreational individuals.			
Expected outcome of the course: Acquiring knowledge and skills necessary for the club physician.			
Course description <i>Theoretical education</i> 1. Fundamentals of the physiology of the human body and its adaptation to sports training, the basics of sports training. Physiology in extreme conditions. 2. Injuries in sports and recreation. 3. Sports Cardiology. 4. Sport nutrition and supplementation. 5. Measurement of the functional abilities in sports. 6. Psychology in sport. <i>Practical education: exercises, other forms of education, research related activities</i> 1. Testing of functional abilities (selecting a functional test, selecting the type of load) 2. Determination of heart rate (palpation, auscultation, heart rate monitoring by ECG), echocardiography (basics). 3. Measurement of arterial blood pressure (TA monitoring in rest, monitoring TA during functional tests) 4. Physical examination, first examination of the injured. First aid (RICE protocol). 5. An overview of sports medicine specialist for a consent for competitive and recreational sports. 6. Protocols for medical rehabilitation and treatment of injuries. 7. Analysis of cognitive abilities in sport.			
Literature <i>Compulsory</i> 1. Wilmore, J.H. & D.L. Costill (2003). Physiology of sport and exercise. Human Kinetics.			
Number of active classes			Other:
Lectures: 15	Practice: 30	Other types of teaching:	
Teaching methods			
Student activity assessment (maximally 100 points)			
Pre-exam activities	points	Final exam	points
Lectures	20	Written	50
Practices	20	Oral	
Colloquium	5	
Essay	5		