Information sheet for the course
Sport Medicine

University: *Alexander Dubček University of Trenčín*	
Faculty: *Faculty of Health Care*	
Course unit code: *TL/e*	**Course unit title:** *Sport Medicine*
Planned types, learning activities and teaching methods: *Lecture: 2 hour weekly/26 hours per semester of study; (full-time)*	
Number of credits: *2*	
Recommended semester: *6th semester in the 3rd year (part-time)*	
Degree of study: *I (bachelor)*	
Course prerequisites: *Exercise physiology*	
Assessment methods: *The student will acquire 50 points per semester:* *- Active participation in lectures.* *- Paper (20 points).* *- Test (30 points).* *To obtain the user and must be obtained at least 47 points to get user B at least 42 points on the C rating of 37 points to score at least 32 points D and E score at least 28 points.*	
Learning outcomes of the course unit: *Student studying the subject Sport Medicine mastered the knowledge of response and adaptation healthy, weakened, damaged permanently disabled, respectively sick person on locomotor activity. To the subject, which combines theoretical knowledge of motor performance in the clinical application, both in the diagnostic, curative or preventive region. The student is able to use physical activity to offset adverse physiological living conditions for regeneration, maintaining physical and mental performance, length of active life and the prevention and treatment of health disorders, diseases and injuries.*	
Course contents: *1. Mission and role of physical education syllabus medicine.* *2. Physiological response and adaptation to physical exercise (central nervous system, autonomic system, endocrine, sensory, supporting-motion, cardiovascular, respiratory, excretory system).* *3. Basic principles of sports training.* *4. Physical activity in primary and secondary prevention of diseases. Hypokinetic disease.* *5. staleness. Fatigue and regeneration. Health risks for sports. Prevention and treatment of sports injuries.* *6. acute injuries and chronic injuries of overloading.* *7. Particular Physical Education and Sport of children, youth, women and seniors.* *8. Nutrition athlete. Rehydration and remineralization during and after physical exercise.* *9. Physical activity in extreme conditions (diving, heat, humidity, cold and high altitude environment).* *10. chronobiology.* *11. The impact of body composition on physical performance.* *12. Somatometrical examination. Functional analysis in a laboratory. Testing of anaerobic and aerobic capacity. Testing endurance capabilities.* *13. Diagnosis power capabilities. Physical educational medical monitoring in physical education and sport training. Doping and doping control.*	

Recommended of required reading:

1. *Koncepcia telovýchovného lekárstva. Vestník MZ SR zo 6. februára 1998.*
2. *MARČEK, T. et. al.: 1999. Telovýchovné lekárstvo – Teoretická a klinická časť LF UK, Bratislava. 1999.*
3. *PLACHETA, Z. et. al.: 1999. Zátěžová diagnostika v ambulantní a klinické praxi. Grada Publishing, Praha, 1999.*
4. *MARČEK,T. a kol.: 1996. Telovýchovné lekárstvo – Praktikum. LF UK, Bratislava, 1996.*
5. *MARČEK, T., KUKUROVÁ, E et al.: Regenerácia – Compendium lekárskej fyziky pre integrovanú výučbu. Asklepios, Bratislava 2002.*
6. *HAMAR, D., LIPKOVÁ, J.: 1998. Fyziológia telesných cvičení. Skriptá, FTVŠ UK, Bratislava 1998.*
7. *KOMADEL, Ľ. et. al.: 1994. Telovýchovnolekárske vademecum. SSTL, Bratislava, vydanie 1994, II. vydanie 1997.*

Language: *Slovak*

Remarks:

Evaluation history:

A	B	C	D	E	FX

Lectures:
Mgr. Ján Kotyra, PhD.

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Supervisor: *doc. MUDr. Juraj Čelko, PhD.*