

1st part – Study program: Physical Education and Sport

BASIC OF HYGIENE, REGENERATION AND MASSAGE S 1/1 C.Ex

PZTV 116C

Course – obligatory

Characteristic

The subject introduces the basics of hygiene and epidemiology, explains the fundamentals of preventive medicine. The prevention of infectious and non-infectious diseases, lifestyle, including nutrition, is accentuated. Regeneration is a part of healthy lifestyle. Regeneration procedures and massage are described.

Lectures:

1. Methods of measurement and evaluation of environmental factors. Monitoring and evaluation of environmental pollution.
2. Water and health. Health hazards of contamination.
3. Hygiene of nutrition. Dietary guidelines. Health hazards - food safety.
4. Occupational health. Working environment.
5. Sports facilities - hygienic aspects.
6. Lifestyle of sportsmen. Sleep.
7. General epidemiology. Epidemiological working method.

Seminars:

1. Special epidemiology. Forms of infection. Preventive anti-epidemic measures.
2. Regeneration - forms. Biological means of regeneration.
3. Water procedures.
4. Thermal procedures.
5. Massage. Types. Indication. Contraindication. Hygiene conditions of massage.
6. Massage techniques.

Requirements:

Full participation in seminars, seminar paper.

Test and exam.

Study literature

BENCKO, V. and CO: Hygiene & Epidemiology. Prague: The Karolinum Press, 2004. ISBN 80-246-0793- X

PRENTIC, W.E: Therapeutical Modalities for Sports Medicine and Athletic Training. McGraw - Hill. 5th edition, 2003. ISBN 0072462116 ;

Educational VHS/DVD: Masážní hmaty a postupy. FTVS UK Praha 2004