

BASIC OF SPORTS MEDICINE Courses obligatory **W 1/1 C,Ex**

PZTV 168C

SPORTS MEDICINE Courses obligatory **S 1/1 C**

PZTV 175 C

Characteristics of Sports Medicine

The aims of sports medicine are: the assessment of physical fitness in sportsmen and non-sportsmen, preventive examinations of sportsmen, assessment of physical fitness in sportsmen and non-sportsmen, prescription of physical activity in competitive sportsmen and patients (supporting exercise therapy as a part of complex treatment), treatment of diseases arising from sports and exercise, field testing of sportsmen at training conditions, medical prevention and first aid at sports competitions, hygiene supervision in sports equipments, health care education, investigation in exercise physiology.

Lectures, Seminars and Practical Lessons

1. Introduction, Reaction and Adaptation
2. Spiroergometry
3. Clinical Anthropology, Modelling
4. Field Testing
5. Exercise in Females, Seniors, Children
6. Doping, Prescription of Exercise
7. Injuries in Sports
8. Exercise and Climatic Factors, High Altitude, Diving
9. Nutrition in Sports, Metabolism, Dietary Supplements
10. Sports Activity in Various Diseases
11. Drinking Regime
12. Prevention of Civilisation Diseases
13. Spiroergometric Test Group A (practical lessons)
14. Spiroergometric Test Group B (practical lessons)

Credit

At least 6 attendances on lectures and/or seminars per semester.

Examination

Good knowledge of compulsory literature, very good knowledge of lectured themes. Ability to apply the knowledge of theoretical facts on the (patho)-physiological relations and consequences in sports medicine praxis.

Literature:

compulsory:

1. VILIKUS, Z., Brandejský, P. Sports Medicine for English-speaking Students. The Karolinum Press, Charles University Prague 2006, ISBN 80-246-1191-0

recommended:

2. BALLADY, G.J., Berra, K.A. ACSM's Guidelines for Exercise Testing and Prescription. Lippincott Williams and Wilkins 2000, 6th Edition, Baltimore, USA, ISBN 0-683-30355-4

3. JOHNSON, R. Sports Medicine in Primary Care. W.B. Saunders Company 2000, Philadelphia, USA, ISBN 0-7216-7871-8