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| Subject: | Sport medicine |
| Study program: | Three year professional study for graduated physiotherapist |
| Code: | SF - 316 |
| Study year: | Third |
| Semester: | Fifth |
| Total lecture hours: | 60 |
| Type of subject: | Mandatory |
| Criteria: | realized conditions for third year |
| Responsible person: | Prof. Dr. Beti Dejanova |
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| Key words: | Study for physiotherapists, basic subjects, sport medicine |
| Study aim: | The student acquires basic knowledge of sport medicine |
| Short content: | <p>Theory lectures (30 hours):</p> <ul style="list-style-type: none"> - Sport medicine, multidisciplinary approach - Sport injuries: Biomechanics of usual sport injuries Principals of injuries and their prevention Principals of therapy - Special groups of sport players (children, women, elderly, handicapped / people with special needs): benefit/risk, possible complications and injuries after sport activities. - Regular evaluation of sport players (cardiovascular and respiratory) - Treatment of medical problems in sport: Cardiovascular impairments (palpitations, dyspnoea, syncope, heart pain, coronary artery disease –CAD; inborn malformations) and special preventive cardiovascular examinations in sport players; Respiratory impairment (dyspnoea, whistle, cowing, pain, asthma, bronchial spasm, sinusitis); Gastrointestinal impairments (abdominal pain, diarrhoea, gastrointestinal bleeding, lactose intolerance, celiac disease, syndrome of upper mesenteric artery, colon irritable; Diabetes mellitus (complications in diabetic sport player); Joint impairments without signs of acute injuries (pain and oedema of one or more joints, lower spine pain); - Use of medicaments and stimulants in sport; - Prescription of physical activities in healthy people. <p>Practical lectures (30 hours):</p> <ul style="list-style-type: none"> - Presentation of cases and solving clinical problems in sport medicine. |
| Types of study | Interactive theory and practical lectures |
| Expected study results | <p>Knowledge and understanding: The student has to acquire a knowledge and understanding of causes, consequences, therapy and prevention of the most frequent health problems that sport players face with</p> <p>Key skills: The student has to be able to implement the theoretical knowledge into practice.</p> |

| <p>Specific recommendation for the education</p> | <p>The student is obliged to follow actively all required activities, including participation in continuing knowledge exams to obtain a signature.</p> <p>Activity points of the student:</p> <table border="1" data-bbox="459 421 1404 600"> <tr> <th>Type of lectures</th><th>Points</th></tr> <tr> <td>Theory lecture*</td><td>7.5 - 15</td></tr> <tr> <td>Practical lecture**</td><td>7.5 - 15</td></tr> <tr> <td>Continuing exams - 2</td><td>45 - 70</td></tr> <tr> <td>Total:</td><td>60 - 100</td></tr> </table> <p>*, Theory lectures attendance: 51% - 60% - 7.5 points; 61% - 70% - 9.5 points; 71% - 80% - 12 points; 81% - 90% - 13 points; 91% - 100% - 15 points.</p> <p>**, Practical lectures: every lecture has 0.5 points (30 lectures): presence – 0.25 points; activity at lecture – 0.25 points.</p> <p>Condition criteria: The student has to attend the theory and practical lectures to be able to have access to continuing exams. The exams may be written and/or oral. The mark of whole exam is achieved regarding mark table, based on sum of given points from all activities, including continuing exams. The student is obligated to get minimum points from the continuing exams (60%), on the contrary, complete final exam is required.</p> <p>Complete final exam: The exam is written and/or oral. Its content has continuing exams that student has not get minimum points.</p> | Type of lectures | Points | Theory lecture* | 7.5 - 15 | Practical lecture** | 7.5 - 15 | Continuing exams - 2 | 45 - 70 | Total: | 60 - 100 |
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| Theory lecture* | 7.5 - 15 | | | | | | | | | | |
| Practical lecture** | 7.5 - 15 | | | | | | | | | | |
| Continuing exams - 2 | 45 - 70 | | | | | | | | | | |
| Total: | 60 - 100 | | | | | | | | | | |
| <p>Literature and books</p> | <p>Basic:</p> <ul style="list-style-type: none"> - Authorized lecture material by Cathedra; - Sport medicine for physiotherapists, Skopje 2013 (in print). <p>Additional:</p> <ul style="list-style-type: none"> - Andonovski Z. Fast estimation and initial treatment in sport injuries. Bogdanci, Sofija 2005. - Kennedy R. Mosby's Sports Therapy: Taing Guide, Mosby 1995. | | | | | | | | | | |