

CONTENT OF THE SUBJECT

Subject:	Preventive and Sports Medicine		
Study	<i>General Medicine</i>	Study Period:	<i>Summer time</i>
Evaluation:	<i>completed</i>	Subject Type:	<i>Compulsory</i>
Content:	<i>2 h lectures and 2 h practical exercises / week</i>		<i>Total 56 hours</i>

Department: **1st Department of Internal Medicine UPJŠ FM**

Week	Lectures https://portal.lf.upjs.sk/index-en.php	Seminars
1.	Introduction to sports medicine, organization, support at athletic events	Basic examination, preventive physical
2.	Physiological aspects of exercise, energy metabolism	Anthropometry, body fat measurement
3.	Physiological aspects of nutrition, sports nutrition	Nutritional supplements, hydration
4.	Aerobic threshold, anaerobic threshold, lactate curve	Ergometry
5.	Sports traumatology – most frequent injuries, specific aspects of sports trauma, treatment, rehabilitation, prevention	Spiroergometry
6.	Doping, doping control	Basic field performance tests
7.	Recreational sports activities, prescription of exercise in civilization diseases	Taping, kinesiology taping, practical demonstrativ, test.

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8.	Preventive medicine, definition, organization, education, public health	Discussion of different models of health care, insurance, public health, funding
9.	Physical exercise – how much is too much	Smoking, laws, regulations, advertisement
10.	Prevention of obesity, nutrition	Echocardiography, preventive examination
11.	Preventive cardiology	Prescription of physical exercise in civilization diseases, body fat measurement/BMI/WHR
12.	Cancer – epidemiology, statistics, prevention	Discussion of tropical diseases, management, epidemiology. Antibiotics, prescription, statistics, future outlook
13.	Metabolic syndrome as a cardiovascular risk factor	Alcohol, recreational drugs
14.	Prevention of Internal diseases from the perspective of patients with dental diseases	Basic tests of physical fitness