

I. Department of Internal Medicine

SYLLABUS

Subject: Preventive and Sports Medicine

Study Year: 4th year

Study Programme: General Medicine

Term: Summer term

Academic Year: 2023/2024

<i>Date</i>	<i>Lectures –Thursday-15,15-16,45 P 4</i>	<i>Plan of practices in preventive and sports medicine</i>
15.02.2024	Introduction to sports medicine, organization, support at athletic events <i>MUDr. P. Horvath</i>	Basic examination, preventive physical
22.02.2024	Physiological aspects of exercise, energy metabolism <i>MUDr. P. Horvath</i>	Anthropometry, body fat measurement
29.02.2024	Physiological aspects of nutrition, sports nutrition <i>MUDr. P. Horvath</i>	Nutritional supplements, hydration
07.03.2024	Aerobic threshold, anaerobic threshold, lactate curve <i>MUDr. P. Horvath</i>	Ergometry
14.03.2024	Sports traumatology – most frequent injuries, specific aspects of sports trauma, treatment, rehabilitation, prevention <i>MUDr. P. Horvath</i>	Spiroergometry
21.03.2024	Doping, doping control <i>MUDr. P. Horvath</i>	Basic field performance tests
28.03.2024	Recreational sports activities, prescription of exercise in civilization diseases <i>MUDr. P. Horvath</i>	Taping, kinesiology taping, practical demonstrativ,
04.04.2024	Preventive medicine, definition, organization, education, public health <i>Doc.MUDr. Viola, Vargová,PhD.</i>	Discussion of different models of health care, insurance, public health, funding
11.04.2024	Physical exercise – how much is too much <i>MUDr. Peter Horváth</i>	Smoking, laws, regulations, advertisement
18.04.2024	Prevention of obesity, nutrition	Echocardiography, preventive examination

	<i>MUDr. Majerčák Ivan</i>	
25.04.2024	Preventive cardiology <i>Prof. MUDr. Daniel Pella, PhD. /doc.MUDr. Š. Tóth, PhD.</i>	Prescription of physical exercise in civilization diseases, body fat measurement/BMI/WHR
02.05.2024	Cancer – epidemiology, statistics, prevention <i>Doc.MUDr. Viola, Vargová, PhD</i>	Discussion of tropical diseases, management, epidemiology. Antibiotics, prescription, statistics, future outlook
09.05.2024	Metabolic syndrome as a cardiovascular risk factor <i>Doc.MUDr. Š. Tóth, PhD.</i>	Discussion of tropical diseases, management, epidemiology. Antibiotics, prescription, statistics, future outlook
16.05.2024	Prevention of Internal diseases from the perspective of patients with dental diseases <i>Doc.MUDr. Viola, Vargová, PhD..</i>	Basic tests of physical fitness

Requirements for completion :

1. For successful completion of the practical exercises/seminars is required:

- To participate at all of practical exercises, theoretical and practical performance of all exercises/seminars.
- To get at least 60 % of total score for ongoing review of written test and the theoretical training to practical exercises.
- Two absences are allowed /justified/

2. For successful obtained of the credits from subject is necessary:

- To gain the credit from practical exercises (paragraph 1 above).
- Evaluation: Study rules of procedure UPJŠ in Košice, the Faculty of Medicine, Part II, Art13
- The final classification includes the evaluation of the written test and the results obtained in practical exercises

Requirements for completion :

The author	Title	year
Dzurenková, D., Marček, T., Hájková, M.:	Essentials of Sports Medicine. Bratislava: CU, 2000.,22 pp.	2000
Marček, T. et all.:	Sports Medicine (Manual of Practical Sports Medicine). Bratislava: CU, 1995. 76 p.	1995

Harries, M., Williams, C., Stanish, W.D., Micheli, L.J.:	Oxford Textbook of Sports Medicine. Oxford: Oxford University Press, 1994. 748 p	1994
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