

## CONTENT OF THE SUBJECT

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

Department: **1<sup>st</sup> Department of Internal Medicine UPJŠ FM**

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

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