

Subject: Preventive and Sports Medicine

Study Year: 4th year

Study Programme: General Medicine

Term: Summer term

Academic Year: 2025/2026

Date	Lectures –Thursday-15,15-16,45 P 4	Plan of practices in preventive and sports medicine
12.02.2026	Introduction to sports medicine, organization, support at athletic events <i>MUDr. P. Horvath</i>	Basic examination, preventive physical
19.02.2026	Physiological aspects of exercise, energy metabolism <i>MUDr. P. Horvath</i>	Anthropometry, body fat measurement
26.02.2026	Physiological aspects of nutrition, sports nutrition <i>MUDr. P. Horvath</i>	Nutritional supplements, hydration
05.03.2026	Aerobic threshold, anaerobic threshold, lactate curve <i>MUDr. P. Horvath</i>	Ergometry
12.03.2026	Sports traumatology – most frequent injuries, specific aspects of sports trauma, treatment, rehabilitation, prevention <i>MUDr. P. Horvath</i>	Spiroergometry
19.03.2026	Doping, doping control <i>MUDr. P. Horvath</i>	Basic field performance tests
26.03.2026	Recreational sports activities, prescription of exercise in civilization diseases <i>MUDr. P. Horvath</i>	Taping, kinesiology taping, practical demonstrativ,
02.04.2026	Physical exercise – how much is too much <i>MUDr. Peter Horváth</i>	Discussion of different models of health care, insurance, public health, funding
09.04.2026	Preventive medicine, definition, organization, education, public health <i>Doc. MUDr. Viola Vargová, PhD.</i>	Smoking, laws, regulations, advertisement

16.04.2026	Prevention of obesity, nutrition <i>MUDr. Ivan Majerčák, MPH</i>	Echocardiography, preventive examination
23.04.2026	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
30.04.2026	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
07.05.2026	Cancer – epidemiology, statistics, prevention <i>Doc. MUDr. Viola Vargová, PhD.</i>	Discussion of tropical diseases, management, epidemiology. Antibiotics, prescription, statistics, future outlook
14.05.2026	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