SYLLABUS

1. Course title:

Sports Medicine I

2. Code:

3. Cycle of study:

1

4. ECTS credits:

5

5. Type of course:

(•) Mandatory ( ) Elective

6. Prerequisites:

Attended course, with min.25% points of student pre-requisites

7. Class restrictions:

8. Duration / semester:

15 5

9. Weekly contact hours:

9.1. Lectures:	2
9.2. Seminars:	0
9.3. Laboratory/Practice classes:	2

10. Faculty:

Faculty of Physical Education and Sports

11. Department/study program:

Physical education and sport

12. Lecturer:

Samir Mačković

13. Lecturer's e-mail:

samir.mackovic@untz.ba

14. Web site:

15. Course aims:

Become familiar with the instrumentation in testing and measuring functional abilities, with metabolic basics
Loads, the basics of active and passive recovery and their basic parameters and methods and techniques
Of their use. Getting acquainted with basic terminology that is applied in functional diagnostics.

16. Learning outcomes:

After completing the semester, students who have attended regular classes will rule on basic programming techniques
Training process in accordance with the elements of sports physiology and other medical parameters and the basic
Knowledge in the area of doping control.

17. Course content:

Physiological basics of sports training.Bioenergetic systems.Maximal and relative consumption of oxygen. Metabolic Zone.
Mehanism of adaptation.Trening in metabolic zones.Trening in aerobic, anaerobic and aerobic-anaerobic
Zone.Gaming and Recovery. Medical and trainer collaboration. Doping in sports, control and lab testing. Allowed i
Unauthorized pharmacological agents.
Exercises: Instrument for testing propriceptive abilities. Measuring anthropometric characteristics.
Spirometry. ECG.Reacciometry.
Use of pulsometers in testing and measurement.Metabolic planning of trainings
Units. Determination of maximum heart rate and load zone.
Functional tests in sports medicine.
Electronic heart rate test recorded by a pulsometer under the influence of dosed load.
Intensive training in zones based on maximum heart rate.

18. Learning methods:

For the purpose of efficient teaching and achievement of the expected objectives of the subject and competency of students,
Activities of successful learning: concrete experience, observation, and active experimentation.
Classes of Teaching:
Visual, auditory, kinesthetic. T
eaching methods: lectures (theoretical instruction using multimedial
Resources, active learning and discussion techniques), practical lessons (exercises).

19. Assessment methods:

STUDENT OBLIGATIONS
Attendance and Activity Hours Points
Predisponable obligations
-comes P 10
- Exercise P 10
-predation A 3
Exercise A 5
-pravila PO 4

Column1 P 7
Column 1 T 7
Column 2 P 7
Column 2 T 7
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drink
Examination Exam 20
Theory test term 20

Total_____100 points

20. Assessment components:

The final grade is formed in relation to the total number of points achieved during the semester, ie the pre-requisites and
Of the final exam itself.
BORDERS FINAL EVALUATION
<53 pet (5); does not satisfy; F
54-63 six (6); sufficient; E
64-73 seven (7); good; D
74-83 eight (8); very good; C
84-93 nine (9); outstanding; B
94-100 ten (10); excellent; A

21. Required reading list:

1.Exercise Physiology,Energy,Nutrition and Human performance, W.D.McArdle,F.I.Katch,V.L.Katch, Lea and Febiger, Philadelphia/London, 1991.
2.Textbook of Sports Medicine, Kjaer Mat. all. Blackwell Publishing, 2003

22. Web sources:

23. Applicable starting from the academic year:

2015/2016

24. Adopted in the Faculty/Academy session:

(max. 10 char.)