

SYLLABUS

1. Course title:

Sports Medicine II

2. Code:**3. Cycle of study:****4. ECTS credits:****5. Type of course:** Mandatory Elective**6. Prerequisites:**

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

7. Class restrictions:**8. Duration / semester:****9. Weekly contact hours:**

9.1. Lectures:

2

9.2. Seminars:

0

9.3. Laboratory/Practice classes:

1

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:

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15. Course aims:

Getting acquainted with methods and instruments for providing first aid as well as preventing sports injuries and Their treatment.
Get acquainted with the supplementation, ie diet and menu of athletes.

16. Learning outcomes:

Ability to provide first aid to medical postulates.
Acquiring knowledge in the prevention of sports injuries and how this prevention is carried out in practical work.
Participation in the treatment and implementation of the rehabilitation process of injured athletes.
Controlling athletes' sports and preparing menus for athletes and recreators.

17. Course content:

Definitions and areas of human medicine.
Tasks of a Sports Physician.
The impact of physical exercise on health - the diseases of civilization.
Health control: the purpose and importance of preventive examinations.
Perform Review.
Contraindications for sports activity.
Sports Heart.
Characteristics of trained electrocardiogram.
Determining ability.
Characteristics of examining specific sports groups.
Pathology of sports efforts: sports injuries and injuries.
Systematic sports injuries. Skin and subcutaneous tissue injuries, muscle and tendon injuries, joint injuries, injuries
Bones and swelling, head injuries, chest injuries, abdominal injuries, urogenital organs injuries.
Orthostatic collapse.
Staleness.
Doping.
Specific injuries and injuries to sports.

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.

Teaching 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

Predisponible 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

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:

Medved, R. et al. (1987). Sports Medicine, Zagreb: JUMENA

Kibler, B.W. (1990). The sport preparticipation fitness examination. Human Kinetics, Champaign, Illinois.

Pećina, M. (1992). Pregnancy syndrome. Zagreb: Globus.

22. Web sources:**23. Applicable starting from the academic year:**

2015/2016

24. Adopted in the Faculty/Academy session: