

MINISTRY OF HEALTH PROTECTION OF UKRAINE

ODESSA NATIONAL MEDICAL UNIVERSITY

Faculty of Medicine №2

Department of physical rehabilitation, sports medicine and physical training

APPROVED

Vice-rector for scientific and pedagogical work

Eduard Buryachivskyi

September 4, 2023



METHODOLOGICAL DEVELOPMENT

FOR SEMINAR CLASSES

FROM EDUCATIONAL DISCIPLINE

Faculty of Medical, course IV

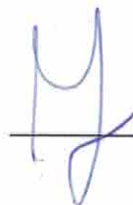
Study discipline «**SPORTS MEDICINE**»

Approved:

The meeting of the department of physical rehabilitation, sports medicine and physical education of
Odessa National Medical University

Protocol № 1 dated 09/04/2023

Head of the Department, Professor



Olga Iushkovska

Developers:

head of the department, MD, prof. Iushkovska O.G.,
professor, Doctor of Medicine, prof. Plakida O.L.,
PhD, associate professor Filonenko O.V.,
assistant Kitsis A.G.
assistant Kravets S.V.

Seminar session № 1

Topic: Basic concepts of sports medicine. Modern methods of examination of physical athletes and sportsmen.

Goal: Mastering knowledge about the general basics of sports medicine

Basic concepts: sports medicine, athletes, tracking methods

Equipment: multimedia projector, screen

Plan:

1. Organizational measures: greetings, verification of those present, notification of the topic and purpose of the lesson, motivation of higher education seekers to study the topic).

2. Control of the reference level of knowledge: a frontal survey on basic terminology.

3. Questions to check basic knowledge on the topic of the seminar:

1. Define the terms "sport", "physical culture", "sports medicine".

2. What are the main tasks of sports medicine?

3. What does sports medicine include?

4. What are the main components of the examination of athletes?

4. Discussion of theoretical issues:

The history of the development of sports medicine. The role of sports and physical culture in modern society. Terms "Sportsman". "athlete", "physician". Types and forms of examination of athletes and physical athletes. The main aspects of the study of the functional state of the body of athletes.

5. Topics of reports/abstracts:

- History of the development of sports medicine.

- The role of sports and physical culture in modern society.

- Classification of sports disciplines

- The influence of sports on the human body

- Positive and negative effects of heavy physical exertion on the human body.

- Modern means of examining athletes.

6. Summary.

Announce evaluations to students and justify them according to the criteria for evaluating knowledge. Provide the topic of the next lesson and focus on the main issues of the next lesson.

7. List of recommended literature (main, additional, electronic information resources):

Main:

1. European Physical and Rehabilitation Medicine Bodies Alliance. White Book on Physical and Rehabilitation Medicine in Europe. Eur J Phys Rehabil Med 2018. - Vol.54(2). – P.125-321

2. Gutenbrunner C., Tederko P., Grabljevec K., Nugraha B., Responding to the World Health Organization Global Disability Action Plan in Ukraine: developing a National Disability, Health and Rehabilitation Plan J Rehabil Med. – 2018 (50). – P.338–341

3. Bruckner, Khan. Clinical Sports Medicine (4th Edition). McGraw Hill, 2018.

4. Sanjeev P. Sahni. Handbook of Sports Medicine. . IASM, 2021 -

Additional:

1. R.L. Braddom. Physical Medicine and Rehabilitation / R.L. Braddom. – England: Elsevier Science, 2011. – 1536 c.

2. European Union of Medical Specialists (UEMS) Section of Physical & Rehabilitation Medicine: A position paper on physical and rehabilitation medicine in acute settings. / Ward A., Gutenbrunner C., Damjan H., Giustini A., Delarque A. // J Rehabil Med. – 2010 (42): P.417–424.

3. DeLisa's. Physical Medicine and Rehabilitation / DeLisa's. – Lippincott Williams & Wilkins; Fifth, North Am, 2010. – 2432 c.

4. R.L. Braddom. Physical Medicine and Rehabilitation / R.L. Braddom. – England:

Elsevier Science, 2011. – 1536 c.

5. WHO World Report on Disability [Internet]. WHO. [cited 2014 Nov 8]. Available from: http://www.who.int/disabilities/world_report/2011/en/

Seminar session № 2

Topic: Basics of medical rehabilitation. Concept of medical control. Definition of medical rehabilitation. Means, types of medical rehabilitation. Aspects, tasks, stages of medical rehabilitation.

Goal: Mastery of knowledge about rehabilitation examination

Basic concepts: rehabilitation, limitation of life activities, international classification of functioning

Equipment: multimedia projector, screen

Plan:

1. Organizational measures: greetings, verification of those present, notification of the topic and purpose of the lesson, motivation of higher education seekers to study the topic).

2. Control of the reference level of knowledge: written work

3. Questions to check basic knowledge on the topic of the seminar:

1. What is a "rehabilitation examination"?

2. What are the means of evaluation and forecasting in rehabilitation?

3. What are the rehabilitation interventions

4. Discussion of theoretical issues:

Modern principles of rehabilitation. Concept of rehabilitation. Models of life limitation and their impact on rehabilitation care. The concept of health. International classification of functioning, limitations of vital activity and health: principles of construction, philosophy, principles of organizing the rehabilitation process according to the model of the ICF of the State. The concept of rehabilitation strategies (restoration and compensation) and their pathophysiological basis, rehabilitation prognosis. Rehabilitation periods, rehabilitation cycle. The concept of patient-centeredness, setting goals in the rehabilitation of people of different age groups. The concept of the profession "doctor of physical and rehabilitation medicine". Critical thinking in rehabilitation.

5. Topics of reports/abstracts:

- Modern principles of rehabilitation.

- Models of life limitation and their impact on rehabilitation care.

- International classification of functioning, limitations of vital activity and health: principles of construction, philosophy, principles of organizing the rehabilitation process according to the model of the ICF of SE.

- Rehabilitation strategies (restoration and compensation) and their pathophysiological basis, rehabilitation prognosis.

- Rehabilitation periods, rehabilitation cycle.

- Patient centricity, setting goals in the rehabilitation of people of different age groups.

6. Summary

Announce evaluations to students and justify them according to the criteria for evaluating knowledge. Provide the topic of the next lesson and focus on the main issues of the next lesson.

7. List of recommended literature (main, additional, electronic information resources):

Main:

1. European Physical and Rehabilitation Medicine Bodies Alliance. White Book on Physical and Rehabilitation Medicine in Europe. Eur J Phys Rehabil Med 2018. - Vol.54(2). – P.125-321

2. Gutenbrunner C., Tederko P., Grabljevec K., Nugraha B., Responding to the World Health Organization Global Disability Action Plan in Ukraine: developing a National Disability,

Healthand Rehabilitation Plan J Rehabil Med. – 2018 (50). – P.338–341

3. Bruckner, Khan. Clinical Sports Medicine (4th Edition). McGraw Hill, 2018.

4. Sanjeev P. Sahni. Handbook of Sports Medicine. . IASM, 2021 -

Additional:

1. R.L. Braddom. Physical Medicine and Rehabilitation / R.L. Braddom. – England: Elsevier Science, 2011. – 1536 c.

2. European Union of Medical Specialists (UEMS) Section of Physical & Rehabilitation Medicine: A position paper on physical and rehabilitation medicine in acute settings. / Ward A., Gutenbrunner C., Damjan H., Giustini A., Delarque A. // J Rehabil Med. – 2010 (42): P.417–424.

3. DeLisa's. Physical Medicine and Rehabilitation / DeLisa's. – Lippincott Williams & Wilkins; Fifth, North Am, 2010. – 2432 c.

4. R.L. Braddom. Physical Medicine and Rehabilitation / R.L. Braddom. – England: Elsevier Science, 2011. – 1536 c.

5. WHO World Report on Disability [Internet]. WHO. [cited 2014 Nov 8]. Available from: http://www.who.int/disabilities/world_report/2011/en/

Seminar session № 3

Topic: Methods of assessing the level of physical development. Peculiarities of physical development of athletes by sports.

Goal: Mastery of knowledge about the physical development of athletes and sportsmen

Basic concepts: physical development, athletes, physical education workers, research methods.

Equipment: multimedia projector, screen

Plan:

1. Organizational measures: greetings, verification of those present, notification of the topic and purpose of the lesson, motivation of higher education seekers to study the topic).

2. Control of the reference level of knowledge: written work

3. Questions to check basic knowledge on the topic of the seminar:

- The concept of human physical development
- Research methods of physical development
- Physical development as a basis for choosing corrective physical exercises
- The influence of physical exertion on physical development during sports

4. Discussion of theoretical issues:

The concept of human physical development. Components of physical development. Modern research methods of human physical development. The influence of physical exertion on physical development during sports. Medical examinations during sports and physical education

5. Topics of reports/abstracts:

- Physical development of a person, its components.
- Study of human physical development.
- The impact of physical exertion on physical development
- Medical examinations of athletes

6. Summary.

Announce evaluations to students and justify them according to the criteria for evaluating knowledge. Provide the topic of the next lesson and focus on the main issues of the next lesson.

7. List of recommended literature (main, additional, electronic information resources):

Main:

1. European Physical and Rehabilitation Medicine Bodies Alliance. White Book on Physical and Rehabilitation Medicine in Europe. Eur J Phys Rehabil Med 2018. - Vol.54(2). – P.125-321
2. Gutenbrunner C., Tederko P., Grabljevec K., Nugraha B., Responding to the World Health Organization Global Disability Action Plan in Ukraine: developing a National Disability, Health and Rehabilitation Plan J Rehabil Med. – 2018 (50). – P.338–341
3. Bruckner, Khan. Clinical Sports Medicine (4th Edition). McGraw Hill, 2018.
4. Sanjeev P. Sahni. Handbook of Sports Medicine. . IASM, 2021 -

Additional:

1. R.L. Braddom. Physical Medicine and Rehabilitation / R.L. Braddom. – England: Elsevier Science, 2011. – 1536 c.
2. European Union of Medical Specialists (UEMS) Section of Physical & Rehabilitation Medicine: A position paper on physical and rehabilitation medicine in acute settings. / Ward A., Gutenbrunner C., Damjan H., Giustini A., Delarque A. // J Rehabil Med. – 2010 (42): P.417–424.
3. DeLisa's. Physical Medicine and Rehabilitation / DeLisa's. – Lippincott Williams & Wilkins; Fifth, North Am, 2010. – 2432 c.
4. R.L. Braddom. Physical Medicine and Rehabilitation / R.L. Braddom. – England: Elsevier Science, 2011. – 1536 c.

Seminar session № 4

Topic: Changes in the body during exercise. Admission to physical education and sports, choice of individual movement mode. Quantitative assessment of the level of physical health.

Goal: Mastery of knowledge about changes in the body during exercise Basic concepts: sport, physical activity, movement regime, physical health

Equipment: multimedia projector, screen

Plan:

1. Organizational measures: greetings, verification of those present, notification of the topic and purpose of the lesson, motivation of higher education seekers to study the topic).

2. Control of the reference level of knowledge: written work

3. Questions to check basic knowledge on the topic of the seminar:

- Types of medical examinations during physical education and sports.
- The impact of physical exertion on the human body
- The effect of physical exertion on the cardiovascular and respiratory systems of the body
- Choice of individual driving mode

4. Discussion of theoretical issues:

Changes in the body during exercise. Medical examinations: primary, repeated, additional. Admission to physical education and sports, choice of individual movement mode. Quantitative assessment of the level of physical health.

5. Topics of reports/abstracts:

- The general impact of physical exertion on the human body
- The impact of physical exertion on the human cardiovascular system
- Concept of individual motor mode
- Assessment and control of the impact of physical exertion during physical education and sports

Announce evaluations to students and justify them according to the criteria for evaluating knowledge. Provide the topic of the next lesson and focus on the main issues of the next lesson.

7. List of recommended literature (main, additional, electronic information resources):

Main:

1. European Physical and Rehabilitation Medicine Bodies Alliance. White Book on

Physical and Rehabilitation Medicine in Europe. Eur J Phys Rehabil Med 2018. - Vol.54(2). – P.125-321

2. Gutenbrunner C., Tederko P., Grabljevec K., Nugraha B., Responding to the World Health Organization Global Disability Action Plan in Ukraine: developing a National Disability, Health and Rehabilitation Plan J Rehabil Med. – 2018 (50). – P.338–341

3. Bruckner, Khan. Clinical Sports Medicine (4th Edition). McGraw Hill, 2018.

4. Sanjeev P. Sahni. Handbook of Sports Medicine. . IASM, 2021 -

Additional:

1. R.L. Braddom. Physical Medicine and Rehabilitation / R.L. Braddom. – England: Elsevier Science, 2011. – 1536 c.

2. European Union of Medical Specialists (UEMS) Section of Physical & Rehabilitation Medicine: A position paper on physical and rehabilitation medicine in acute settings. / Ward A., Gutenbrunner C., Damjan H., Giustini A., Delarque A. // J Rehabil Med. – 2010 (42): P.417–424.

3. DeLisa's. Physical Medicine and Rehabilitation / DeLisa's. – Lippincott Williams & Wilkins; Fifth, North Am, 2010. – 2432 c.

4. R.L. Braddom. Physical Medicine and Rehabilitation / R.L. Braddom. – England: Elsevier Science, 2011. – 1536 c.

Seminar session № 5

Topic: Express - assessment of a person's physical condition. Determination and assessment of general physical capacity.

Goal: Mastering knowledge about the express - assessment of a person's physical condition and assessment of general physical capacity.

Basic concepts: physical condition, physical capacity, express assessment

Equipment: multimedia projector, screen

Plan:

1. Organizational measures: greetings, verification of those present, notification of the topic and purpose of the lesson, motivation of higher education seekers to study the topic).

2. Control of the reference level of knowledge: written work

3. Questions to check basic knowledge on the topic of the seminar:

- The concept of a person's physical condition
- Methods of physical condition research
- The concept of human physical capacity
- Methods of researching physical performance

4. Discussion of theoretical issues:

The concept of a person's physical condition. Constituent parts of the physical state. Modern methods of researching the physical condition of a person. Systems of express evaluation of a person's physical condition. General and special physical capacity. Methods of research and assessment of physical capacity. Direct and indirect testing of physical performance. Ergometric and physiological indicators of physical performance.

5. Topics of reports/abstracts:

- Systems of express evaluation of a person's physical condition.
- General and special physical capacity.
- Methods of research and evaluation of physical capacity.
- Direct and indirect testing of physical capacity.
- Ergometric and physiological indicators of physical performance.

6. Summary of results.

Announce evaluations to students and justify them according to the criteria for evaluating knowledge. Provide the topic of the next lesson and focus on the main issues of the next lesson.

7. List of recommended literature (main, additional, electronic information resources):

Main:

1. European Physical and Rehabilitation Medicine Bodies Alliance. White Book on Physical and Rehabilitation Medicine in Europe. Eur J Phys Rehabil Med 2018. - Vol.54(2). – P.125-321
2. Gutenbrunner C., Tederko P., Grabljevec K., Nugraha B., Responding to the World Health Organization Global Disability Action Plan in Ukraine: developing a National Disability, Health and Rehabilitation Plan J Rehabil Med. – 2018 (50). – P.338–341
3. Bruckner, Khan. Clinical Sports Medicine (4th Edition). McGraw Hill, 2018.
4. Sanjeev P. Sahni. Handbook of Sports Medicine. . IASM, 2021 -

Additional:

1. R.L. Braddom. Physical Medicine and Rehabilitation / R.L. Braddom. – England: Elsevier Science, 2011. – 1536 c.
2. European Union of Medical Specialists (UEMS) Section of Physical & Rehabilitation Medicine: A position paper on physical and rehabilitation medicine in acute settings. / Ward A., Gutenbrunner C., Damjan H., Giustini A., Delarque A. // J Rehabil Med. – 2010 (42): P.417–424.
3. DeLisa's. Physical Medicine and Rehabilitation / DeLisa's. – Lippincott Williams & Wilkins; Fifth, North Am, 2010. – 2432 c.
4. R.L. Braddom. Physical Medicine and Rehabilitation / R.L. Braddom. – England: Elsevier Science, 2011. – 1536 c.

Seminar lesson No. 6

Topic: Pre-pathological conditions and diseases that occur during irrational physical education and sports.

Goal: Pre-pathological conditions and diseases that occur during irrational physical education and sports.

Basic concepts: pre-pathological and pathological conditions, over fatigue, overtraining

Equipment: multimedia projector, screen

Plan:

1. Organizational measures: greetings, verification of those present, notification of the topic and purpose of the lesson, motivation of higher education seekers to study the topic).
2. Control of the reference level of knowledge: written work
3. Questions to check basic knowledge on the topic of the seminar:
 - The impact of physical exertion on the human body
 - Peculiarities of the impact of physical activity on the body of children and adolescents
 - Peculiarities of the effect of physical load on the central nervous system
 - Fatigue and overtraining
4. Discussion of theoretical issues:
The impact of physical exertion on the human body. Adequacy of physical exertion to the body's functional capabilities. Peculiarities of the effect of physical load on the central nervous system in children and adolescents. Overfatigue and overtraining - diagnosis and prevention.
5. Topics of reports/abstracts:
 - Effect of physical load on the central nervous system.
 - Adequacy of physical activity to the body's functional capabilities
 - Over fatigue - diagnosis and prevention.
 - Overtraining - diagnosis and prevention.
6. Summary of results.

Announce evaluations to students and justify them according to the criteria for evaluating knowledge. Provide the topic of the next lesson and focus on the main issues of the next lesson.
7. List of recommended literature (main, additional, electronic information resources):

Main:

1. European Physical and Rehabilitation Medicine Bodies Alliance. White Book on Physical and Rehabilitation Medicine in Europe. Eur J Phys Rehabil Med 2018. - Vol.54(2). – P.125-321
2. Gutenbrunner C., Tederko P., Grabljevec K., Nugraha B., Responding to the World Health Organization Global Disability Action Plan in Ukraine: developing a National Disability, Health and Rehabilitation Plan J Rehabil Med. – 2018 (50). – P.338–341
3. Bruckner, Khan. Clinical Sports Medicine (4th Edition). McGraw Hill, 2018.
4. Sanjeev P. Sahni. Handbook of Sports Medicine. . IASM, 2021 -

Additional:

1. R.L. Braddom. Physical Medicine and Rehabilitation / R.L. Braddom. – England: Elsevier Science, 2011. – 1536 c.
2. European Union of Medical Specialists (UEMS) Section of Physical & Rehabilitation Medicine: A position paper on physical and rehabilitation medicine in acute settings. / Ward A., Gutenbrunner C., Damjan H., Giustini A., Delarque A. // J Rehabil Med. – 2010 (42): P.417–424.
3. DeLisa's. Physical Medicine and Rehabilitation / DeLisa's. – Lippincott Williams & Wilkins; Fifth, North Am, 2010. – 2432 c.
4. R.L. Braddom. Physical Medicine and Rehabilitation / R.L. Braddom. – England: Elsevier Science, 2011. – 1536 c.

Seminar session № 7

Topic: Medical and pedagogical control in the process of physical exercises. Means of recovery and stimulation during health and sports training.

Goal: Medical and pedagogical control during physical exercises

Basic concepts: Medical and pedagogical control, examination, physiological curve, chronometry

Equipment: multimedia projector, screen

Plan:

1. Organizational measures: greetings, verification of those present, notification of the topic and purpose of the lesson, motivation of higher education seekers to study the topic).
2. Control of the reference level of knowledge: written work
3. Questions to check basic knowledge on the topic of the seminar:
 - General basics of monitoring the adequacy of physical activity
 - Long-term and short-term monitoring of the adequacy of physical activity
 - Control during training
 - Physiological exercise curve
 - Assessment of the correctness and adequacy of physical exercise classes
4. Discussion of theoretical issues:
Content of medical and pedagogical control in the process of physical exercises. Assessment of the impact of physical exertion on the human body. Prevention of the negative impact of physical stress on the human body. Means of recovery and stimulation during health and sports training.
5. Topics of reports/abstracts:
 - General basics of monitoring the adequacy of physical activity
 - Long-term and short-term monitoring of the adequacy of physical activity

- Control during training
- Physiological exercise curve
- Assessment of the correctness and adequacy of physical exercise classes

6. Summary.

Announce evaluations to students and justify them according to the criteria for evaluating knowledge. Provide the topic of the next lesson and focus on the main issues of the next lesson.

7. List of recommended literature (main, additional, electronic information resources)

Main:

1. European Physical and Rehabilitation Medicine Bodies Alliance. White Book on Physical and Rehabilitation Medicine in Europe. Eur J Phys Rehabil Med 2018. - Vol.54(2). – P.125-321
2. Gutenbrunner C., Tederko P., Grabljevec K., Nugraha B., Responding to the World Health Organization Global Disability Action Plan in Ukraine: developing a National Disability, Health and Rehabilitation Plan J Rehabil Med. – 2018 (50). – P.338–341
3. Bruckner, Khan. Clinical Sports Medicine (4th Edition). McGraw Hill, 2018.
4. Sanjeev P. Sahni. Handbook of Sports Medicine. . IASM, 2021 -

Additional:

1. R.L. Braddom. Physical Medicine and Rehabilitation / R.L. Braddom. – England: Elsevier Science, 2011. – 1536 c.
2. European Union of Medical Specialists (UEMS) Section of Physical & Rehabilitation Medicine: A position paper on physical and rehabilitation medicine in acute settings. / Ward A., Gutenbrunner C., Damjan H., Giustini A., Delarque A. // J Rehabil Med. – 2010 (42): P.417–424.
3. DeLisa's. Physical Medicine and Rehabilitation / DeLisa's. – Lippincott Williams & Wilkins; Fifth, North Am, 2010. – 2432 c.
4. R.L. Braddom. Physical Medicine and Rehabilitation / R.L. Braddom. – England: Elsevier Science, 2011. – 1536 c.

Seminar session № 8

Topic: Express - assessment of a person's physical condition. Determination and assessment of general physical capacity.

Goal: Mastering knowledge about the express - assessment of a person's physical condition and assessment of general physical capacity.

Basic concepts: physical condition, physical capacity, express assessment

Equipment: multimedia projector, screen

Plan:

1. Organizational measures: greetings, verification of those present, notification of the topic and purpose of the lesson, motivation of higher education seekers to study the topic).
2. Control of the reference level of knowledge: written work
3. Questions to check basic knowledge on the topic of the seminar:
 - The concept of a person's physical condition
 - Methods of physical condition research
 - The concept of human physical capacity
 - Methods of researching physical performance
4. Discussion of theoretical issues:

The concept of a person's physical condition. Constituent parts of the physical state. Modern methods of researching the physical condition of a person. Systems of express evaluation of a person's physical condition. General and special physical capacity. Methods of research and

assessment of physical capacity. Direct and indirect testing of physical performance. Ergometric and physiological indicators of physical performance.

5. Topics of reports/abstracts:

- Systems of express evaluation of a person's physical condition.
- General and special physical capacity.
- Methods of research and evaluation of physical capacity.
- Direct and indirect testing of physical capacity.
- Ergometric and physiological indicators of physical performance.

6. Summary of results.

Announce evaluations to students and justify them according to the criteria for evaluating knowledge. Provide the topic of the next lesson and focus on the main issues of the next lesson.

7. List of recommended literature (main, additional, electronic information resources):

Main:

1. European Physical and Rehabilitation Medicine Bodies Alliance. White Book on Physical and Rehabilitation Medicine in Europe. Eur J Phys Rehabil Med 2018. - Vol.54(2). – P.125-321
2. Gutenbrunner C., Tederko P., Grabljevec K., Nugraha B., Responding to the World Health Organization Global Disability Action Plan in Ukraine: developing a National Disability, Health and Rehabilitation Plan J Rehabil Med. – 2018 (50). – P.338–341
3. Bruckner, Khan. Clinical Sports Medicine (4th Edition). McGraw Hill, 2018.
4. Sanjeev P. Sahni. Handbook of Sports Medicine. . IASM, 2021 -

Additional:

1. R.L. Braddom. Physical Medicine and Rehabilitation / R.L. Braddom. – England: Elsevier Science, 2011. – 1536 c.
2. European Union of Medical Specialists (UEMS) Section of Physical & Rehabilitation Medicine: A position paper on physical and rehabilitation medicine in acute settings. / Ward A., Gutenbrunner C., Damjan H., Giustini A., Delarque A. // J Rehabil Med. – 2010 (42): P.417–424.
3. DeLisa's. Physical Medicine and Rehabilitation / DeLisa's. – Lippincott Williams & Wilkins; Fifth, North Am, 2010. – 2432 c.
4. R.L. Braddom. Physical Medicine and Rehabilitation / R.L. Braddom. – England: Elsevier Science, 2011. – 1536 c.

Seminar session № 9

Topic: General characteristics of sportsmen's illness. Study of the respiratory system. Diseases and damage to organs of the cardiovascular system and the respiratory system during sports. Physical rehabilitation for diseases of the respiratory, cardiovascular and nervous systems.

Goal: To acquire knowledge about the causes and methods of preventing sportsmen's illness

Basic concepts: morbidity of athletes, diagnostics, prophylaxis,

Equipment: multimedia projector, screen

Plan:

1. Organizational measures: greetings, verification of those present, notification of the topic and purpose of the lesson, motivation of higher education seekers to study the topic).
2. Control of the reference level of knowledge: written work
- 3. Questions to check basic knowledge on the topic of the seminar:
 - General characteristics of sportsmen's illness
 - The main causes of illness in athletes
 - Diagnosis of sportsmen's illness
 - Prevention of sportsmen's illness
 - Physical rehabilitation in case of illness of athletes

4. Discussion of theoretical issues:

Diseases and damage to organs of the cardiovascular system and the respiratory system during sports. Physical rehabilitation for diseases of the respiratory, cardiovascular and nervous systems.

5. Topics of reports/abstracts:

1. General characteristics of sportsmen's illness.
2. Study of the respiratory system.
3. Diseases and damage to organs of the cardiovascular system and the respiratory system during sports.
4. Physical rehabilitation for diseases of the respiratory, cardiovascular and nervous systems.

6. Summary

Announce evaluations to students and justify them according to the criteria for evaluating knowledge. Provide the topic of the next lesson and focus on the main issues of the next lesson.

7. List of recommended literature (main, additional, electronic information resources):

Main:

1. European Physical and Rehabilitation Medicine Bodies Alliance. White Book on Physical and Rehabilitation Medicine in Europe. *Eur J Phys Rehabil Med* 2018. - Vol.54(2). – P.125-321
2. Gutenbrunner C., Tederko P., Grabljevec K., Nugraha B., Responding to the World Health Organization Global Disability Action Plan in Ukraine: developing a National Disability, Health and Rehabilitation Plan *J Rehabil Med.* – 2018 (50). – P.338–341
3. Bruckner, Khan. *Clinical Sports Medicine (4th Edition)*. McGraw Hill, 2018.
4. Sanjeev P. Sahni. *Handbook of Sports Medicine.* . IASM, 2021 -

Additional:

1. R.L. Braddom. *Physical Medicine and Rehabilitation* / R.L. Braddom. – England: Elsevier Science, 2011. – 1536 c.
2. European Union of Medical Specialists (UEMS) Section of Physical & Rehabilitation Medicine: A position paper on physical and rehabilitation medicine in acute settings. / Ward A., Gutenbrunner C., Damjan H., Giustini A., Delarque A. // *J Rehabil Med.* – 2010 (42): P.417–424.
3. DeLisa's. *Physical Medicine and Rehabilitation* / DeLisa's. – Lippincott Williams & Wilkins; Fifth, North Am, 2010. – 2432 c.
4. R.L. Braddom. *Physical Medicine and Rehabilitation* / R.L. Braddom. – England: Elsevier Science, 2011. – 1536 c.

Seminar session № 10

Topic: Characteristics of sports injuries.

Goal: Mastering knowledge and practical skills in the prevention of sports injuries

Basic concepts: sports injuries, manifestations, reasons, prevention

Plan:

1. Organizational measures: greetings, verification of those present, notification of the topic and purpose of the lesson, motivation of higher education seekers to study the topic).
2. Control of the reference level of knowledge: written work
3. Questions to check basic knowledge on the topic of the seminar:
 - The main causes of sports injuries
 - Types of sports injuries
 - Prevention of sports injuries
 - Features of sports injuries depending on the type of sport

4. Discussion of theoretical issues:

- Sports injuries, manifestations, reasons, prevention. Peculiarities of sports injuries depending on the type of sport

5. Topics of reports/abstracts:

- The main causes of sports injuries
- Types of sports injuries
- Prevention of sports injuries
- Features of sports injuries depending on the type of sport

6. Summary

Announce evaluations to students and justify them according to the criteria for evaluating knowledge. Provide the topic of the next lesson and focus on the main issues of the next lesson.

7. List of recommended literature (main, additional, electronic information resources):

Main:

1. European Physical and Rehabilitation Medicine Bodies Alliance. White Book on Physical and Rehabilitation Medicine in Europe. Eur J Phys Rehabil Med 2018. - Vol.54(2). – P.125-321
2. Gutenbrunner C., Tederko P., Grabljevec K., Nugraha B., Responding to the World Health Organization Global Disability Action Plan in Ukraine: developing a National Disability, Health and Rehabilitation Plan J Rehabil Med. – 2018 (50). – P.338–341
3. Bruckner, Khan. Clinical Sports Medicine (4th Edition). McGraw Hill, 2018.
4. Sanjeev P. Sahni. Handbook of Sports Medicine. . IASM, 2021 -

Additional:

1. R.L. Braddom. Physical Medicine and Rehabilitation / R.L. Braddom. – England: Elsevier Science, 2011. – 1536 c.
2. European Union of Medical Specialists (UEMS) Section of Physical & Rehabilitation Medicine: A position paper on physical and rehabilitation medicine in acute settings. / Ward A., Gutenbrunner C., Damjan H., Giustini A., Delarque A. // J Rehabil Med. – 2010 (42): P.417–424.
3. DeLisa's. Physical Medicine and Rehabilitation / DeLisa's. – Lippincott Williams & Wilkins; Fifth, North Am, 2010. – 2432 c.
4. R.L. Braddom. Physical Medicine and Rehabilitation / R.L. Braddom. – England: Elsevier Science, 2011. – 1536 c.

Seminar session № 11

Topic: General characteristics of sportsmen's illness. Brain and spinal cord injuries.

Goal: Mastering knowledge about the causes of sportsmen's illness and methods of treatment and rehabilitation

Basic concepts: morbidity of athletes, brain and spinal cord injuries, rehabilitation

Plan:

1. Organizational measures: greetings, verification of those present, notification of the topic and purpose of the lesson, motivation of higher education seekers to study the topic).
2. Control of the reference level of knowledge: written work
3. Questions to check basic knowledge on the topic of the seminar:
 - General characteristics of sportsmen's illness
 - The main causes of illness in athletes
 - Diagnosis of sportsmen's illness
 - Prevention of sportsmen's illness
 - Physical rehabilitation in case of illness of athletes
4. Discussion of theoretical issues:
 - General characteristics of sportsmen's illness. Diagnosis of sportsmen's illness. Prevention of

sportsmen's illness Brain and spinal cord injuries.

5. Topics of reports/abstracts:

- General characteristics of sportsmen's illness
- The main causes of illness in athletes
- Diagnosis of sportsmen's illness
- Prevention of sportsmen's illness
- Physical rehabilitation in case of illness of athletes
- Brain and spinal cord injuries.

6. Summary

Announce evaluations to students and justify them according to the criteria for evaluating knowledge. Provide the topic of the next lesson and focus on the main issues of the next lesson.

7. List of recommended literature (main, additional, electronic information resources):

Main:

1. European Physical and Rehabilitation Medicine Bodies Alliance. White Book on Physical and Rehabilitation Medicine in Europe. Eur J Phys Rehabil Med 2018. - Vol.54(2). – P.125-321
2. Gutenbrunner C., Tederko P., Grabljevec K., Nugraha B., Responding to the World Health Organization Global Disability Action Plan in Ukraine: developing a National Disability, Health and Rehabilitation Plan J Rehabil Med. – 2018 (50). – P.338–341
3. Bruckner, Khan. Clinical Sports Medicine (4th Edition). McGraw Hill, 2018.
4. Sanjeev P. Sahni. Handbook of Sports Medicine. . IASM, 2021 -

Additional:

1. R.L. Braddom. Physical Medicine and Rehabilitation / R.L. Braddom. – England: Elsevier Science, 2011. – 1536 c.
2. European Union of Medical Specialists (UEMS) Section of Physical & Rehabilitation Medicine: A position paper on physical and rehabilitation medicine in acute settings. / Ward A., Gutenbrunner C., Damjan H., Giustini A., Delarque A. // J Rehabil Med. – 2010 (42): P.417–424.
3. DeLisa's. Physical Medicine and Rehabilitation / DeLisa's. – Lippincott Williams & Wilkins; Fifth, North Am, 2010. – 2432 c.
4. R.L. Braddom. Physical Medicine and Rehabilitation / R.L. Braddom. – England: Elsevier Science, 2011. – 1536 c.

Seminar session № 12

Topic: Fractures, bruises, sprains. Physical rehabilitation in the internal medicine clinic.

Goal: Mastery of knowledge about means of physical and rehabilitation medicine for sports injuries.

Basic concepts: rehabilitation, sports, athletes, injuries

Plan:

1. Organizational measures: greetings, verification of those present, notification of the topic and purpose of the lesson, motivation of higher education seekers to study the topic).
2. Control of the reference level of knowledge: written work
- 3. Questions to check basic knowledge on the topic of the seminar:
 - Sports injuries, causes
 - Features of injuries depending on the type of sport
 - Injury prevention in sports
 - Physical rehabilitation in the internal medicine clinic
4. Discussion of theoretical issues:
Physical and rehabilitation medicine for sports injuries. Prevention of acute and chronic injuries

in sports. Principles of rehabilitation of sports injuries and chronic conditions after injuries. Physical rehabilitation in the internal medicine clinic.

5. Topics of reports/abstracts:

- The most common injuries depending on the type of sport
- Prevention of sports injuries
- Concept of acute and chronic sports injury
- Pathological conditions due to irrational sports activities
- Peculiarities of rehabilitation measures for athletes
- Physical rehabilitation in the internal medicine clinic

6. Summary

Announce evaluations to students and justify them according to the criteria for evaluating knowledge. Provide the topic of the next lesson and focus on the main issues of the next lesson.

7. List of recommended literature (main, additional, electronic information resources):

Main:

1. European Physical and Rehabilitation Medicine Bodies Alliance. White Book on Physical and Rehabilitation Medicine in Europe. Eur J Phys Rehabil Med 2018. - Vol.54(2). – P.125-321
2. Gutenbrunner C., Tederko P., Grabljevec K., Nugraha B., Responding to the World Health Organization Global Disability Action Plan in Ukraine: developing a National Disability, Health and Rehabilitation Plan J Rehabil Med. – 2018 (50). – P.338–341
3. Bruckner, Khan. Clinical Sports Medicine (4th Edition). McGraw Hill, 2018.
4. Sanjeev P. Sahni. Handbook of Sports Medicine. . IASM, 2021 -

Additional:

1. R.L. Braddom. Physical Medicine and Rehabilitation / R.L. Braddom. – England: Elsevier Science, 2011. – 1536 c.
2. European Union of Medical Specialists (UEMS) Section of Physical & Rehabilitation Medicine: A position paper on physical and rehabilitation medicine in acute settings. / Ward A., Gutenbrunner C., Damjan H., Giustini A., Delarque A. // J Rehabil Med. – 2010 (42): P.417–424.
3. DeLisa's. Physical Medicine and Rehabilitation / DeLisa's. – Lippincott Williams & Wilkins; Fifth, North Am, 2010. – 2432 c.
4. R.L. Braddom. Physical Medicine and Rehabilitation / R.L. Braddom. – England: Elsevier Science, 2011. – 1536 c.

Seminar session № 13

Topic: Basics of nutrition for athletes. Evaluation of the nutritional status of athletes depending on the types of sports.

Goal: Mastering knowledge about the rational nutrition of athletes

Basic concepts: sports, athletes, nutrition

Plan:

1. Organizational measures: greetings, verification of those present, notification of the topic and purpose of the lesson, motivation of higher education seekers to study the topic).
2. Control of the reference level of knowledge: written work
3. Questions to check basic knowledge on the topic of the seminar:
 - The concept of rational nutrition
 - Assessment of nutritional status
 - Features of nutrition depending on the type of sport
 - Rational nutrition at various stages of the training and competition process
4. Discussion of theoretical issues:

Basics of nutrition for athletes. Evaluation of the nutritional status of athletes depending on the types of sports.

5. Topics of reports/abstracts:

- The concept of rational nutrition
- Assessment of nutritional status
- Features of nutrition depending on the type of sport
- Rational nutrition at various stages of the training and competition process

6. Summary

Announce evaluations to students and justify them according to the criteria for evaluating knowledge. Provide the topic of the next lesson and focus on the main issues of the next lesson.

7. List of recommended literature (main, additional, electronic information resources):

Main:

1. European Physical and Rehabilitation Medicine Bodies Alliance. White Book on Physical and Rehabilitation Medicine in Europe. Eur J Phys Rehabil Med 2018. - Vol.54(2). – P.125-321
2. Gutenbrunner C., Tederko P., Grabljevec K., Nugraha B., Responding to the World Health Organization Global Disability Action Plan in Ukraine: developing a National Disability, Health and Rehabilitation Plan J Rehabil Med. – 2018 (50). – P.338–341
3. Bruckner, Khan. Clinical Sports Medicine (4th Edition). McGraw Hill, 2018.
4. Sanjeev P. Sahni. Handbook of Sports Medicine. . IASM, 2021 -

Additional:

1. R.L. Braddom. Physical Medicine and Rehabilitation / R.L. Braddom. – England: Elsevier Science, 2011. – 1536 c.
2. European Union of Medical Specialists (UEMS) Section of Physical & Rehabilitation Medicine: A position paper on physical and rehabilitation medicine in acute settings. / Ward A., Gutenbrunner C., Damjan H., Giustini A., Delarque A. // J Rehabil Med. – 2010 (42): P.417–424.
3. DeLisa's. Physical Medicine and Rehabilitation / DeLisa's. – Lippincott Williams & Wilkins; Fifth, North Am, 2010. – 2432 c.
4. R.L. Braddom. Physical Medicine and Rehabilitation / R.L. Braddom. – England: Elsevier Science, 2011. – 1536 c.

Seminar session № 14

Topic: Basics of adaptive nutrition for athletes

Goal: Mastering knowledge about the rational nutrition of athletes

Basic concepts: sports, athletes, nutrition

Plan:

1. Organizational measures: greetings, verification of those present, notification of the topic and purpose of the lesson, motivation of higher education seekers to study the topic).
2. Control of the reference level of knowledge: written work
3. Questions to check basic knowledge on the topic of the seminar:
 - The concept of rational nutrition
 - Assessment of nutritional status
 - Features of nutrition depending on the type of sport
 - Rational nutrition at various stages of the training and competition process
4. Discussion of theoretical issues:

Basics of nutrition for athletes. Evaluation of the nutritional status of athletes depending on the types of sports.
5. Topics of reports/abstracts:
 - The concept of rational nutrition

- Assessment of nutritional status
- Features of nutrition depending on the type of sport
- Rational nutrition at various stages of the training and competition process

6. Summary

Announce evaluations to students and justify them according to the criteria for evaluating knowledge. Provide the topic of the next lesson and focus on the main issues of the next lesson.

7. List of recommended literature (main, additional, electronic information resources):

Main:

1. European Physical and Rehabilitation Medicine Bodies Alliance. White Book on Physical and Rehabilitation Medicine in Europe. Eur J Phys Rehabil Med 2018. - Vol.54(2). – P.125-321
2. Gutenbrunner C., Tederko P., Grabljevec K., Nugraha B., Responding to the World Health Organization Global Disability Action Plan in Ukraine: developing a National Disability, Health and Rehabilitation Plan J Rehabil Med. – 2018 (50). – P.338–341
3. Bruckner, Khan. Clinical Sports Medicine (4th Edition). McGraw Hill, 2018.
4. Sanjeev P. Sahni. Handbook of Sports Medicine. . IASM, 2021 -

Additional:

1. R.L. Braddom. Physical Medicine and Rehabilitation / R.L. Braddom. – England: Elsevier Science, 2011. – 1536 c.
2. European Union of Medical Specialists (UEMS) Section of Physical & Rehabilitation Medicine: A position paper on physical and rehabilitation medicine in acute settings./ Ward A., Gutenbrunner C., Damjan H., Giustini A., Delarque A. // J Rehabil Med. – 2010 (42): P.417–424.
3. DeLisa's. Physical Medicine and Rehabilitation / DeLisa's. – Lippincott Williams & Wilkins; Fifth, North Am, 2010. – 2432 c.
4. R.L. Braddom. Physical Medicine and Rehabilitation / R.L. Braddom. – England: Elsevier Science, 2011. – 1536 c.

Seminar session № 15

Topic: Doping - control

Goal: Mastering knowledge about types of doping in sports.

Basic concepts: sport, competition, doping, control

Plan:

1. Organizational measures: greetings, verification of those present, notification of the topic and purpose of the lesson, motivation of higher education seekers to study the topic).
2. Control of the reference level of knowledge: written work
3. Questions to check basic knowledge on the topic of the seminar:
 - The concept of doping
 - Types of doping depending on the type of sport
 - Carrying out doping control
 - Prevention of doping in sports
4. Discussion of theoretical issues:
The concept of doping. Types of doping depending on the type of sport. Carrying out doping control. Prevention of doping in sports
5. Topics of reports/abstracts:
 - The concept of doping
 - Types of doping depending on the type of sport
 - Carrying out doping control
 - Prevention of doping in sports
6. Summary

Announce evaluations to students and justify them according to the criteria for evaluating knowledge. Provide the topic of the next lesson and focus on the main issues of the next lesson.

7. List of recommended literature (main, additional, electronic information resources):

Main:

1. European Physical and Rehabilitation Medicine Bodies Alliance. White Book on Physical and Rehabilitation Medicine in Europe. Eur J Phys Rehabil Med 2018. - Vol.54(2). – P.125-321
2. Gutenbrunner C., Tederko P., Grabljevec K., Nugraha B., Responding to the World Health Organization Global Disability Action Plan in Ukraine: developing a National Disability, Health and Rehabilitation Plan J Rehabil Med. – 2018 (50). – P.338–341
3. Bruckner, Khan. Clinical Sports Medicine (4th Edition). McGraw Hill, 2018.
4. Sanjeev P. Sahni. Handbook of Sports Medicine. . IASM, 2021 -

Additional:

1. R.L. Braddom. Physical Medicine and Rehabilitation / R.L. Braddom. – England: Elsevier Science, 2011. – 1536 c.
2. European Union of Medical Specialists (UEMS) Section of Physical & Rehabilitation Medicine: A position paper on physical and rehabilitation medicine in acute settings. / Ward A., Gutenbrunner C., Damjan H., Giustini A., Delarque A. // J Rehabil Med. – 2010 (42): P.417–424.
3. DeLisa's. Physical Medicine and Rehabilitation / DeLisa's. – Lippincott Williams & Wilkins; Fifth, North Am, 2010. – 2432 c.
4. R.L. Braddom. Physical Medicine and Rehabilitation / R.L. Braddom. – England: Elsevier Science, 2011. – 1536 c.