

Course title: SPORTS MEDICINE WITH PHYSIOLOGY OF PHYSICAL ACTIVITY		
Lecturer or lecturers (last name, middle name): Ugarkovic L. Dusan, Ilic Z. Vladimir		
Course status: Elective		
ECTS: 10		
Condition: None		
Course objectives: Fully training a student for independent work while testing the morph-functional abilities of athletes.		
Course outcome: As a result of the successful fulfillment of all the obligations envisaged by the course program, students are expected to be trained for: <ul style="list-style-type: none"> □ a comprehensive examination of the problem of sports medicine and the physiology of physical activity, □ Identification of basic settings, theories and models explaining the impact of physical activity on the human organism and □ the application of methods and procedures used in research in sports medicine and the physiology of physical activity. 		
Course description Physical training and biological development of athletes - the phenomena of adaptation and acceleration of development. Physical Exercise and Developmental Disturbances - Deformations. Evaluation of human abilities and their relationship with exercise - ergometry, anthropometry. Evaluation of human skills in order to select athletes - sports selection. Sports trauma and methods of recovery in sport (physical, medicaments). Pathology of various organ systems and sports (sports cardiology, sports endocrinology). Energy in Sports and Diet and Supplementation Models.		
References: <ol style="list-style-type: none"> 1. Maffetone, Philip. Complementary Sports Medicine. Champaign, IL: Human Kinetics; 1999. 2. Jack H. Wilmore, David L. Costill. Physiology of Sport and Exercise-3rd Edition Package. Champaign, IL: Human Kinetics; 2004. 		
No. of active classes	Lectures: 4	Study research work: 4
Teaching method: Lectures, Small groups; Seminars		
Knowledge assessment (maximum score 100)		
Class Activites - 30 Seminars -30 Final Exam - 50		