



**Pomeranian Medical University in Szczecin[PUM]**  
**COURSE SYLLABUS**  
**General information**

<b>Name of Course: Sports Medicine – Elective Course</b>	
Type of course	Elective
PUM Faculty	Faculty of Medicine and Dentistry
Field of study	Medicine
Specialization	-
Level of study	Long-term studies
Form of study	full-time
Year of study /semester	Year 4 (block)
Number of ECTS credits allocated	0,75
Forms of teaching (number of hours)	Seminars 15h
Methods of verification and assessment of learning outcomes *	<input type="checkbox"/> graded credit: <ul style="list-style-type: none"> <li><input type="checkbox"/> descriptive credit</li> <li><input checked="" type="checkbox"/> test credit</li> <li><input type="checkbox"/> practical credit</li> <li><input type="checkbox"/> oral credit</li> </ul> <input type="checkbox"/> credit without grade  <input type="checkbox"/> final exam: <ul style="list-style-type: none"> <li><input type="checkbox"/> descriptive credit</li> <li><input type="checkbox"/> test credit</li> <li><input type="checkbox"/> practical credit</li> <li><input type="checkbox"/> oral credit</li> </ul>
Head of Unit	Prof. dr hab. n. med., Kazimierz Ciechanowski, MD, prof. Ph.D
Teaching assistant professor or person responsible for the course	Dr hab. n. med. Ewa Kwiatkowska, MD, Ph.D
Name and contact details of unit	Department of Nephrology, Transplantology and Internal Medicine SPSK-2 PUM in Szczecin Tel. 91 466 11 96, e-mail: kazcie@pum.edu.pl
Unit's website	<a href="https://www.pum.edu.pl/wydzialy/wydzial-lekarski/klinika-nefrologii,-transplantologii-i-chorob-wewnatrznych">https://www.pum.edu.pl/wydzialy/wydzial-lekarski/klinika-nefrologii,-transplantologii-i-chorob-wewnatrznych</a>
Language of instruction	Polish/English

\*tick as appropriate, changing  to

### Detailed information

Course objectives		Familiarizing a student with the physiology of physical effort, the specificity of physical effort in selected disease entities and clinical situations, and the most common injuries associated with sport, methods of their prevention and treatment.
Preliminary requirements in terms of	Knowledge	<i>He/she knows human anatomy and physiology. The student has basic knowledge of physical examination and physical examination in musculoskeletal system diseases. He has basic knowledge of internal medicine propaedeutics.</i>
	Skills	<i>He/she is able to carry out properly courseive and physical examination in the field of locomotor system diseases.</i>
	Social competences	<i>He/she is able to carry out properly courseive and physical examination in the field of locomotor system diseases.</i>

LEARNING OUTCOMES			
Number of learning outcome	A student who has completed of the COURSE knows/can:	SYMBOL (reference to) learning outcomes for the field of study	Method of verifying the learning outcomes*
W01	A student approaches and discusses physiological and pathological phenomena related to physical exercise in specific clinical situations	K_B.W25	ET, O
W02	A student properly lists and describes dietary requirements in athletes	K_B.W19	ET, O
W03	A student lists and describes the benefits and risks of exercise in specific clinical situations	K_E.W7	ET, O
U01	A student plans diagnostic and therapeutic procedures in basic disorders of the locomotor system	K_E.U16	ET, O
U02	A student plans rehabilitation program in basic musculoskeletal disorders	K_E.U23	ET, O
K01	A student demonstrates the habit of self-education	K_K03	O
K02	A student demonstrates an attitude that promotes health and physical activity	K_K03	O

Table of learning outcomes in relation to the form of classes							
Number of learning outcome	Learning outcomes	Form of the classes					
		Lecture	Seminar	Practical exercises	Clinical exercises	Simulations	E-learning
W01	K_B.W25		X				
W02	K_B.W19		X				
W03	K_E.W7		X				
U01	K_E.U16		X				
U02	K_E.U23		X				
K01	K_K03		X				
K02	K_K03		X				

TABLE OF CURRICULUM			
Curriculum number	Curriculum content	Number of hours	Reference to the learning outcomes for the CLASSES
<b>Winter semester / Summer semester</b>			
<b>Seminars</b>			
TK01	Introduction to exercise physiology.	1	W01, K01, K02
TK02	Physiological responses of the cardiovascular system to exercise. Exercise testing.	1	W01, W03, U01, U02, K01, K02
TK03	The athlete's heart. Physical exercise in cardiovascular prevention	1	W01, W03, U02, K01, K02
TK04	Physical exertion and the respiratory system. Respiratory tract infections. Bronchial asthma.	1	W01, W03, U02, K01, K02
TK05	Physical exercise in individuals with metabolic diseases.	1	W01, W03, U02, K01, K02
TK06	Sports diet. Dietary support.	1	W02, K01, K02
TK07	Physical activity during pregnancy and lactation.	1	W01, W02, W03, U02, K01, K02
TK08	Motor development of children and youth. Qualification for sport.	1	W01, W03, U01, U02, K01, K02
TK09	High altitude medicine. Extreme physical exertion.	1	W01, W02, W03, U01, U02, K01, K02
TK10	Underwater medicine. Hyperbaria.	1	W01, W02, W03, U01, U02, K01, K02
TK11	Injuries in sport.	1	W03, U01, U02, K01, K02
TK12	The most common limb "injuries"	1	W03, U01, U02, K01, K02
TK13	Post-traumatic rehabilitation and wellness.	1	W01, W03, U01, U02, K01, K02
TK14	Doping in sport.	1	W01, W02, W03,

			K01, K02
TK15	Summary of classes. Credit.	1	W01, W02, W03, U01, U02, K01, K02

<b>Recommended Literature:</b>	
Reference literature	
1. Medycyna sportowa. Red.: A. Dziak, A. Jegier, K. Nazar. PZWL	
2. Fizjologia wysiłku i treningu fizycznego. Red.: J. Górski. PZWL	
3. Dietetyka sportowa. Red.: B. Frączek, J. Krzywański, H. Krzysztofiak. PZWL	

<b>Student workload</b>	
Form of student workload (class participation, activity, report preparation, etc.)	Student workload [h].
	In the teacher's assessment (opinion)
Contact hours with the teacher/instructor	15
Preparation for exercise/seminar	5
Reading the indicated literature	5
Writing a lab/exercise report/preparing a project/reference, etc.	
Preparation for the test/short test	
Preparing for the exam	
Other .....	
Total student workload	20
ECTS credits	0,75
<b>Notes</b>	

\*Example Methodss of verification of educational outcomes:

EP - written exam

EU - oral test

ET - test exam

EPR - practical test

K - test

R - paper

S - testing of practical skills

RZĆ - report from practical exercises with discussion of results

O - evaluation of student's activity and attitude

SL - Laboratory report

SP - case study

PS - assessment of ability to work independently

W - short test before the beginning of classes

PM - multimedia presentation

and other