Name of the discipline (module)	Sports medicine
Code and name of the specialty	1-88 01 02-01 Recreational and Adaptive Physical Training (recreational)
Course	3,4
Semester	6,7
The number of academic hours of the discipline (module): Lectures Seminars Practicals Laboratory practicals	216 50 8 42
The form of control	Credit (6), exam (7)
The number of credits	6

The content of the discipline

Introduction to the discipline "Sports medicine". The essence, goals, objectives, history and organization of sports medicine. Methods of study and evaluation of physical development. Functional state of people engaged in physical exercises and athletes. The functional state of the nervous system and neuromuscular system, respiratory system, cardiovascular system, digestive, excretory, endocrine, blood system. Testing in sports medicine. Functional tests in the diagnosis of fitness and performance of athletes engaged in physical exercises. Medical control in physical training and sports (schoolchildren, students, middle-aged and older women, disabled, young and older athletes, etc.). Medical-pedagogical supervision in the process of physical culture and sports. Self-control. Pathology in sport. Fundamentals of General pathology. Acute pathological conditions. Sports injuries. Overtraining and overexertion. Medical means of restoring athletic performance. Doping. Control of doping in sport. HIV-AIDS, drug addiction, alcoholism, Smoking.