

**Structure of educational discipline
"Physical Rehabilitation and Sports Medicine"**

№	Topic	Lectures	Practice	ISW
1.	Modern ideas about sport medicine. Concept about medical control. Modern methods of inspection of athletes and sportsmen. An estimation of functional capabilities of organism of man by means of functional tests.	1	2	50
2.	Research and evaluation of the functional state of the body through functional tests. Medical conclusion.	1	2	
3.	Determination and estimation of general physical capacity and aerobic productivity. Tolerance is to physical activities.	1	2	
4.	The Pre-pathological states and diseases are at the inefficient engaging in a physical culture and sport.	1	2	
5.	Recovery and stimulation during wellness and sports training.	0	2	
6.	General bases of physical rehabilitation. Medical physical education is in the system of physical rehabilitation. Psychological rehabilitation and social work with persons who became disabled during military service and other victims of hostilities.	1	4	
7.	The basics of therapeutic massage.	0	2	
8.	Physical rehabilitation clinic of internal diseases.	1	4	
9.	Physical rehabilitation in diseases and injuries of the nervous system.	1	2	
10.	Physical rehabilitation in surgery, traumatology and orthopedics.	1	4	
11.	Features of the application of physical rehabilitation in obstetrics and gynecology.	1	2	
12.	Features of the physical education of infants. Physical rehabilitation of sick infants.	1	2	
TOTAL HOURS – 90 / 3,0 CREDITS ECTS		10	30	50
Final control				Credit

Thematic plan of lectures
"Physical Rehabilitation and Sports Medicine"

№	Topic	Hours
1.	Modern ideas about sport medicine. Concept about medical control. Modern methods of inspection of athletes and sportsmen. An estimation of functional capabilities of organism of man by means of functional tests.	1
2.	Research and evaluation of physical and functional abilities of the body.	1
3.	Physical performance and its relationship with health indicators.	1
4.	Prepathological conditions and diseases in irrational physical exercise. The concept of doping.	1
5.	The general principles of physical rehabilitation. Exercise as a primary means of PR.	1
6.	Physical rehabilitation clinic in internal medicine.	1
7.	Physical rehabilitation for diseases and injuries of the nervous system.	1
8.	Physical rehabilitation in surgery, traumatology and orthopedics.	1
9.	Physical therapy in obstetric practice.	1
10.	Features of Physical Education babies. Physical rehabilitation sick young children.	1
Total hours:		10

Thematic plan of practical employments

"Physical Rehabilitation and Sports Medicine"

№	Topic	Hours
1.	Medical control during exercise. Methodology of complex medical inspection. Determination and estimation of physical development of man.	2
2.	Research and evaluation of the functional state of the body through functional tests.	2
3.	Determination and estimation of general physical capacity and aerobic productivity. Tolerance is to physical activities.	2
4.	The Pre-pathological states and diseases are at the inefficient engaging in a physical culture and sport. A concept about a stimulant.	2
5.	. Facilities of renewal and stimulation are at the health and sporting training	2
6.	The general principles of physical rehabilitation. Psychological rehabilitation and social work with persons who became disabled during military service and other persons affected by the hostilities.	4
7.	Basics of therapeutic massage.	2
8.	Physical rehabilitation clinic of internal diseases.	4
9.	Physical rehabilitation in diseases and injuries of the nervous system.	2
10.	Physical rehabilitation in surgery, traumatology and orthopedics.	4
11.	Features of the application of physical rehabilitation in obstetrics and gynecology.	2
12.	Features of the physical education of infants. Physical rehabilitation of sick infants.	2
Hours:		30

Types of independent work of students (IWS)
"Physical Rehabilitation and Sports Medicine"

№	Topic	Hours
1.	Preparation for practice; Science and instructional materials; formation of practical skills.	5
2.	Writing drug-control card and athlete athlete (form number 061 / o or №162 / O) card and a patient being treated in the office LFK, department of rehabilitation or rehabilitation center (the form №42 / o).	5
3.	Features of the medical monitoring of children, adolescents during exercise. Quantitative assessment of physical health. The choice of individual motor mode.	4
4.	General characteristics of the influence of physical activity of varying intensity on the body.	4
5	Medical-pedagogical control during exercise. The sudden death during exercise. The concept of doping in sport.	4
6.	Current approaches to physical rehabilitation of patients with myocardial infarction.	4
7.	Features of physical rehabilitation in diabetes, obesity, gout.	4
8.	Features of physical rehabilitation for pneumonia, pleurisy, asthma.	4
9.	Features of methods of physical rehabilitation in the preoperative and postoperative periods during surgery for chest and abdominal cavity.	4
10.	Modern means of physical rehabilitation radiculitis, osteochondrosis.	4
11.	Features contemporary mind-body training women with normal pregnancy.	4
12.	Prevention and correction of posture and flatfoot in children. Alternative means of physical rehabilitation of children with cerebral palsy.	4
Hours:		50