

<b>Study programme:</b> Undergraduate Academic Studies / Bachelor with Honours in Sport and Physical Education			
<b>Subject name:</b> SPORT MEDICINE / OA30			
<b>Teacher/Teachers:</b> Goran Vasić, PhD			
<b>Subject status:</b> Mandatory			
<b>ECTS credits:</b> 3			
<b>Requirements:</b> mastered and passed Functional Anatomy			
<b>Subject aim</b>			
Learning about positive and negative aspects, and pathological conditions of body exercise and sport activities on the organism. Learning about the health control of pupils and athletes and the assessment of health ability. Control of the functional abilities and self-control of athletes. Cooperation of physicians and pedagogues of physical education i.e. sport pedagogue. Pointing out the accidents and injuries, classification and qualification of sport injuries and organism damages. Learning about sport massage, self-massage, doping agents, and morphological and functional characteristics of tissues and organ systems of women, sex differentiation.			
<b>Subject outcome</b>			
Realisation of defined aims.			
<b>Subject content</b>			
<i>Theory</i>			
Health control of pupils, athletes and recreationalists – control methods, assessment of health ability, control of functional abilities, self-control of athletes, control of fitness and control of burden of pupils in teaching physical education, accidents and injuries. factors, classification and qualification of injuries, unconscious state, apparent death, reanimation, bleeding – haemostasis, injuries during body exercises and sport activities, risk, causes, frequency, types of sport injuries and damages (qualification and localisation), prevention of accidents and injuries – prevention in teaching physical education, mechanical injuries and damages of the locomotor apparatus – injuries and damages of muscles, tendons, joints, ligaments, bones and first aid, mechanical injuries and damages of locomotor apparatus – bone injuries and first aid, mechanical injuries and damages of locomotor apparatus – injuries and damages of joints and ligaments and first aid, doping agents, sport massage and self-massage, pathological conditions and body exercises, disorders and damaged health due to large sport efforts, rehabilitation of sport injuries.			
<i>Practice</i>			
Functional ability, introductory notes, classification of tests, Lawrence test, Latunov test, Harvard step test, Bergmann test, test PWC-170, first aid in injuries and damages of muscles, tendons, joints and ligaments, principles of immobilisation in bone damages and first aid, first aid in injuries and damages of spine, unconscious state, apparent death, cardio pulmonary reanimation, bleeding – haemostasis and first aid, sport massage and self-massage, spirometry, rehabilitation of sport injuries.			
<b>Literature</b>			
1) Jakonić D. (1996) Sportska medicina. Fakultet fizičke kulture, Novi Sad. 2) Medved R. (1982) Sportska medicina. JUMENA; Zagreb 3) Ugarković, D. (1999) Osnovi sportske medicine, Viša škola za sportske trenere, Beograd			
<b>Number of active teaching classes</b>	<b>Theory:</b> 3		<b>Practice:</b> 1
<b>Teaching methods</b>			
Theory lectures, practical exercises, id-term tests, consultations.			
<b>Knowledge assessment (maximum number of points is 100)</b>			
<b>Pre-exam requirements</b>	points	<b>Final exam</b>	points
theory lectures and exercises		written exam	30
practice	30	oral exam	30
seminars	10	written test	