

**A thematic lesson plan of the lecture type  
in the discipline "Sports Medicine"  
for students enrolled  
in the 2020 educational program  
031.05.01 "Medical business",  
specialty profile, full-time education  
the academic year is 2024-2025.**

<b>№</b>	<b>Lecture -type class topics</b>	<b>Hours (academ.)</b>
1.	Organizational aspects of the Sports medicine service in the Russian Federation. Medical and pedagogical observations. Medical control during sports and physical culture.	2
2.	Clinical sports medicine: overwork, overexertion, overtraining, sports cardiology, diseases and injuries of the organs of movement and support during sports.	2
3.	Recovery activities in sports. Basic principles for optimizing post-load recovery. Pharmacological means of recovery in sports. Medical means of restoring athletic performance.	2
	Total	6

Reviewed at the meeting of the Department of Medical Rehabilitation and Sports Medicine on May 31, 2024, Protocol No. 12

Head of the Department



E. G. Vershinin