

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

| <b>№</b> | <b>Thematic blocks</b>  | <b>Hours<br/>(academ.)</b> |
|----------|---|----------------------------|
| 1.       | Characteristics of the functional state of the athlete's body and functional diagnostics in sports medicine <sup>1</sup> . Morphofunctional features of the body systems of athletes and athletes. Methods for assessing the functional state of organs and systems that limit physical performance <sup>2</sup> .  | 2                          |
|          | Characteristics of the functional state of the athlete's body and functional diagnostics in sports medicine <sup>1</sup> . Testing the physical abilities and functional state of athletes and people involved in sports. The most effective means and methods for solving the problems of developing various physical qualities and correcting conditions <sup>2</sup> . | 2                          |
| 2.       | Principles of using sports for young, middle-aged, and elderly people <sup>1</sup> . A system of pedagogical measures to prevent overexertion, taking into account the functioning of organs and systems in athletes of various specializations, including high qualifications <sup>2</sup>   | 2                          |
|          | Principles of using sports for young, middle-aged, and elderly people <sup>1</sup> . A system of skills for working together with medical specialists to develop and apply technologies aimed at preventing overexertion in sports for young, middle-aged, elderly, and sports veterans <sup>2</sup> .  | 2                          |
| 3.       | Medical supervision during training and competitions and medical support for competitions <sup>1</sup> . Medical and pedagogical supervision (MON). The content and tasks of the VPN. Medical support for competitions <sup>2</sup> .   | 2                          |
|          | Medical supervision during training and competitions and medical support for competitions <sup>1</sup> . Primary and annual in-depth medical examinations, principles of organization and admission to sports. Research methods in the implementation of VPNR. Medical assessment of athletic form. Self-control in physical education and sports <sup>2</sup> .          | 2                          |
| 4        | The use of medicines in sports <sup>1</sup> . Basic requirements for the use of pharmacological agents in sports practice <sup>2</sup> .  | 2                          |
|          | The use of medicines in sports <sup>1</sup> . Classification of pharmacological drugs used to restore and improve physical performance. Characteristics of individual pharmacological groups, their effect on   | 2                          |

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|   | the body, indications for use <sup>2</sup> .  |    |
|   | Fundamentals of anti-doping support for sports activities.  | 2  |
| 5 | Diseases in athletes. Overwork, overexertion, and overtraining syndrome. Medical tactics in the medical rehabilitation of diseases in athletes <sup>1</sup> . The effect of physical exertion on the functioning of organs and body systems. Causes of diseases in people involved in sports. Pathological conditions associated with sports activities <sup>2</sup> .  | 2  |
| 5 | Diseases in athletes. Medical tactics in the medical rehabilitation of diseases in athletes <sup>1</sup> . The main methods of diagnosis, treatment and prevention of acute pathological conditions, the procedure for first aid. The complexity and functional orientation of medical examinations. Goals and objectives. The concept of medical examination, its importance in the training of athletes and athletes <sup>2</sup> .   | 2  |
| 6 | Urgent conditions in the practice of sports medicine <sup>1</sup> . The concept of acute pathological conditions, classification. Acute and pathological conditions associated with impaired activity of the cardiovascular system, causes, clinical manifestations, emergency care. Acute and pathological conditions as a result of primary and secondary disorders of the central nervous system, causes, clinical manifestations, emergency care <sup>2</sup> .   | 2  |
| 6 | Sports injuries <sup>1</sup> . The concept of sports injuries, the causes of sports injuries. Exogenous and endogenous injuries, causes, mechanisms of occurrence. The most common injuries and diseases of the musculoskeletal system. Causes and mechanisms of occurrence, clinical manifestations, emergency care, terms of admission to training <sup>2</sup> .   | 2  |
| 7 | Modern approaches to the medical rehabilitation of female athletes <sup>1</sup> . Medical and biological aspects of women's health in modern sports and the tasks of the sports medicine service in maintaining and restoring the health of female athletes, including their reproductive function. The most effective measures to prevent overexertion and overtraining, taking into account gender characteristics. Basic principles of rehabilitation of athletes after injury in high-performance sports <sup>2</sup> . | 4  |
|   | Total   | 30 |

<sup>1</sup> - тема

<sup>2</sup> - сущностное содержание (при необходимости)

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

Заведующий кафедрой



Е.Г. Вершинин