

**Thematic plan of independent work of a student
in 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.**

#	Topic of independent work	Hours (academ)
1	Characteristics of the functional state of the athlete's body and functional diagnostics in sports medicine ¹ . The concept of sports medicine. Content, history, and organization of sports medicine. Methods of studying the nervous system in physical culture students and athletes of various age groups. Methods of studying the external respiratory system in physical culture and sports. Sports heart. Methods of research of the cardiovascular system ^{2,4} .	4
2	Principles of using sports for young, middle, and elderly ^{people 1} . Modern ideas about fitness. Functional tests in the assessment of the medico-biological component of fitness. Methods for assessing physical performance. The concept of physical performance. Submaximal and maximal tests for studying physical performance. Physical factors in recovery and improvement of working capacity ^{2,4} .	4
3	Medical observations during training and competitions and medical support for competitions ¹ . Medical and pedagogical supervision (VPN). Content and tasks of the VPN. Primary and annual in-depth medical examinations, principles of organization and admission to sports ^{2,4} .	4
4	Use of medicines in sports ¹ . Pharmacological means of restoring and improving physical performance ² .	4
5.	Fundamentals of anti-doping support for sports activities ¹ . Structure of anti-doping support in the world and Russia. Determination of doping and violation of anti-doping rules. Substances and methods prohibited in sports. Biological active additives in the structure of anti-doping rule violations. Permission for the therapeutic use of prohibited substances and methods. Doping control. Sanctions for anti-doping rule violations ^{2,4} .	4

6.	Diseases in athletes. Medical tactics in the medical rehabilitation of diseases in athletes ¹ . Causes of diseases in physical culture students and athletes. The concept of excessive physical activity. Pathology of the digestive system during irrational physical culture and sports. Pathology of the cardiovascular system in case of irrational physical culture and sports ^{2,4} .	4
7.	Urgent conditions in the practice of sports medicine ¹ . Acute pathological conditions in sports. The concept of acute pathological conditions. Classification of acute pathological conditions ² .	4
8.	Sports injuries ¹ . Acute pathological conditions in sports. The concept of acute pathological conditions. Classification of acute pathological conditions. Sports injuries. The concept of sports injuries. Causes of sports injuries. Exogenous and endogenous injuries, causes and mechanism of occurrence. Most frequently encountered sports events injuries ^{2,4} .	4
9.	Sudden death in sports. Causes of sudden cardiac death in sports. Structurally altered heart. Structurally unchanged heart: canalopathies, Brugada syndrome. Cardiological screening of athletes to identify potential risk factors for sudden cardiac death.	4
	Total	36

¹ - subject line

²-essential content (if necessary)

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