

**Thematic plan of seminar-type classes
in discipline « Sports medicine»
for students of 2021 year of admission
under the educational programme
cipher 31.05.01 Medical business,
specialisation (profile) Medical business
(Specialist's degree),
form of study full-time
for the 2025-2026 academic year**

№	Thematic blocks	Hours (academic)
1.	<p>Characteristics of the functional state of the athlete's body and functional diagnostics in sports medicine¹. Morpho-functional features of the body systems of the athlete and the athlete. Methods for assessing the functional state of organs and systems that limit physical working².</p> <p>Characteristics of the functional state of the athlete's body and functional diagnostics in sports medicine¹. 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 conditions².</p>	6
2.	<p>Principles of using sports for young, middle, and elderly people¹. A system of pedagogical measures for the prevention of overexertion, taking into account the peculiarities of the functioning of organs and systems in athletes of various specializations, including highly qualified ones².</p> <p>Principles of using sports for young, middle, and elderly people¹. A system of skills for collaboration with medical specialists on the development and application of technologies aimed at preventing overexertion in sports for young, middle-aged, elderly and sports veterans².</p>	6
3.	<p>Medical supervision during training and competitions and medical support for competitions¹. Medical and pedagogical supervision. The content and tasks of the VPN. Medical support of the competition².</p> <p>Medical supervision during training and competitions and medical support for competitions¹. 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 sports².</p>	6
4.	<p>The use of medicines in sports¹. Basic requirements for the use of pharmacological agents in sports practice².</p> <p>The use of medicines in sports¹. Classification of pharmacological drugs used to restore and improve physical performance. Characteristics of individual pharmacological groups, their effect on the body, indications for use².</p> <p>Fundamentals of anti-doping support for sports activities.</p>	6
5.	Diseases in athletes. Overwork, overexertion, and overtraining syndrome. Medical tactics in the medical rehabilitation of diseases in sportspeople ¹ . The effect of	6

	physical activity on the functioning of organs and body systems. Causes of diseases in people involved in sports. Pathological conditions associated with athletic activity ² .	
	Diseases in athletes. Medical tactics in the medical rehabilitation of diseases in sportspeople ¹ . 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 sportspeople ² .	
	Emergency conditions in the practice of sports medicine ¹ . 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 ² .	
6.	Sports traumatism ¹ . 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 ² .	6
	Modern approaches to the medical rehabilitation of sportswomen ¹ . The 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. The basic principles of rehabilitation of female athletes after injury in high-performance sport ² .	
	Total	36

1 – topic

2 – essential content

3 – one thematic block includes several classes, the duration of one lesson is 45 minutes, with a break between classes of at least 5 minutes

Considered at the department meeting of Medical Rehabilitation and Sports

Medicine protocol of «30» May 2025 г. №13.

Head of the Department



E. G. Vershinin