



Table 2

3.2. Course description

Basic description		
Course coordinator	Doc. dr.sc. Anton Tudor	
Course title	Physiotherapy in sports	
Study programme	Physiotherapy graduated study	
Course status	compulsory	
Year	2.	
ECTS credits and teaching	ECTS student 's workload coefficient	9
	Number of hours (L+S)	30 + 30 +60

1. COURSE DESCRIPTION

1.1. Course objectives

Introduce students to the domain of sports medicine to understand the specific role and the demands that are placed in front of a doctor in contemporary sports medicine. It is necessary to understand the role of physiotherapists in sports medicine.

1.2. Course enrolment requirements

There are no course enrolment requirements.

1.3. Expected course learning outcomes

General competencies (skills) in assessing, developing treatment goals and evaluation of the results

General competencies (skills):

Being familiar with the morphological, motor and functional tests to assess the abilities of athletes and know how to interpret their results. Also be familiar with more sophisticated features sports medical diagnostics. Knowing the general principles and the possibilities for prevention of sports injuries and damage as well as general principles of medical treatment or rehabilitation of such conditions. Knowing the general principles of the specific diet of athletes, as well as general principles of the diet of athletes by the sports

Development of specific competences (knowledge and skills):

Provide first aid to injured athletes. Students after graduation should know how to apply knowledge about the prevention of sports injuries in practice. They should also know how to apply the basic principles of rehabilitation of injured athletes as they will possess the knowledge to enable them to actively participate in the treatment of these athletes. Students after graduation should know the basic principles of specific nutrition in general as well as recreational and professional athletes and know how to draw me from these postulates athletes in sports. Be able to interpret basic tests, functional tests, and know where to send athletes to the possible additional modern functional testing

1.4. Course content

The definition of a field of sports medicine. History of sports medicine. The role of a doctor of sports medicine. Sporting activities and human health. Medical examination of athletes and evaluation of health sposobnosti. Contraindications for sporting activities. Basic knowledge of the morphological, motor and functional testing of athletes. Pathology sports opterećenja. Akutne and chronic sports injuries. Overuse injuries. Overtraining. Classification of sports injuries. Injuries organ systems to run - treatment options and prevention. Typical and atypical injuries for individual sports. Mechanisms of injury in certain sports. The incidence of injuries in individual sports. Fundamentals and specific diet of athletes. Energy



needs of athletes, doping.

Options for medical rehabilitation in the treatment of sports injuries. Hygiene sports, clothing and footwear.

1.5. *Teaching methods*

- | | |
|---------------------------------------------------|---------------------------------------------------|
| <input type="checkbox"/> x lectures | <input type="checkbox"/> x individual assignment |
| <input type="checkbox"/> x seminars and workshops | <input type="checkbox"/> x multimedia and network |
| <input type="checkbox"/> exercises | <input type="checkbox"/> laboratories |
| <input type="checkbox"/> long distance education | <input type="checkbox"/> mentorship |
| <input type="checkbox"/> fieldwork | <input type="checkbox"/> other |

1.6. *Comments*

1.7. *Student's obligations*

Regular attendance to lectures and seminars. Preparation of the course content to be discussed during seminars and practicals.

1.8. *Evaluation of student's work*

Course attendance	5%	Activity/Participation	10%	Seminar paper	15%	Experimental work	
Written exam	15%	Oral exam	15%	Essay		Research	
Project		Sustained knowledge check	40%	Report		Practice	
Portfolio							

1.9. *Assessment and evaluation of student's work during classes and on final exam*

Evaluation would be performed according the actual Rules on studies of University of Rijeka (approved by the Senat) and the Faculty of medicine (approved by the Faculty council). In this system, the overall students' outcome is made up 70% of their achievement during the course itself and 30% of the success in the final exam.

Achievements during the course will be evaluated by: a) sustained knowledge check (partial tests, partial exams and other activities in classes), b) activity during the course, c) seminar paper or presentation, d) course attendance

1.10. *Assigned reading (at the time of the submission of study programme proposal)*

1. Stjepan Heimer, Rudi Čajavec i suradnici. *Medicina sporta*. Zagreb: Kineziološki fakultet Sveučilišta u Zagrebu, 2006
2. Marko Pećina: *Sportska medicina*, Zagreb. Medicinska naklada, Zagreb 2004.

1.11. *Optional / additional reading (at the time of proposing study programme)*

Peter Brukner, Karim Khan. *Clinical Sports Medicine*. McGraw-Hill Companies, 3rd Edition, 2001

1.12. *Number of assigned reading copies with regard to the number of students currently attending the course*

Title	Number of copies	Number of students

1.13. *Quality monitoring methods which ensure acquirement of output knowledge, skills and competences*

1. **Conducting student surveys and evaluation of results.** At the end of each course student surveys will be conducted to evaluate the quality of teaching and teachers who participate in the delivery of the course with more than 30%. Evaluation procedures are systematically carried out by Teaching Quality Assurance Committee at our Faculty.
2. **Analysis of the results achieved at exams.**
3. **The mentor system.** Each student group is assigned a mentor who follows the students throughout the course.