

Medicinski fakultet u Rijeci

## IZVEDBENI NASTAVNI PLAN 2023/2024

Za kolegij

### Sports Physiology

|                    |  |
|--------------------|--|
| Studij:            | <b>Medical Studies in English (R)</b> (izborni)<br>Sveučilišni integrirani prijediplomski i diplomski studij |
| Katedra:           | <b>Katedra za fiziologiju, imunologiju i patofiziologiju</b>   |
| Nositelj kolegija: | <b>prof. dr. sc. Mrakovčić-Šutić Ines, dr. med.</b>  |
| Godina studija:    | <b>2</b>   |
| ECTS:              | <b>1.5</b>   |
| Stimulativni ECTS: | <b>0 (0.00%)</b>   |
| Strani jezik:      | <b>Mogućnost izvođenja na stranom jeziku</b>   |

## Podaci o kolegiju:

The aim of the course is to acquaint the students with sports training which purpose is to provide developing the special sports skills. Students have to know basic physiological principles and changes in organism during training, following with good planning in development of psychic and motoric abilities. Sports activities during mass-tourism are very often acrobatic and dangerous, requesting good knowledge in physiology of every sport, as well as in possible complications.

During this course, students will be able to easier acquiring the courses of clinical medicine and to better understanding the doctor's role in sport medicine and in touristic ambulances.

### *Expected course learning outcomes*

At the end of the course each student is supposed to acquire general competences:

1. to be able to observe the organism as an integrative system and describe the normal changes of physiological values during physical activities.
2. to give critical opinion of normal functions during physical activities or disruptions of organ functions following sports activities.
3. to know good and bad sites of sports activities.
4. to perceive pathological changes during sports activities.
5. to note what kind of chronic illnesses may be the cause of inability to sports activities.

At the end of the course each student is supposed to acquire specific competences:

1. to understand the principles of physiological feedback mechanisms, to establish homeostatic mechanisms of the main functional systems and changes following sports activities.
2. to critically judge individual conditions on weariness, overtraining and other change physiological functions.
3. to describe normal functions of cardiovascular and respiratory system during physical activities.
4. to describe and understand changes during low oxygen pressure in different alpinist's disciplines, flight, parasailing and space flights.
5. to describe and understand changes during high oxygen pressure in different underwater activities (diving).
6. to get used to research approach in achieving the expected learning outcomes of the course, to get used to team work, to utilize the online literature database (PubMed, Ovid, etc.), to make the qualitative Power point presentation and to present the given thematic unit to other students and a teacher.

## Course content

**Physiology of sport:** normal functions of cardiovascular and respiratory system during physical activities . Changes in physiological values of circulation in muscles during physical activities. Adaptations of organism following physical activities. Recreational sports activities. Control of training. Weariness. Overtraining. Biofeedback. Problem-solved seminars. Evidence-based medicine.

Rationalized sports nutrition. Obesity.

Most frequently injuries in correlation with kind of sports activities.

Evaluation methods in kinesiology. Spirometry's changes.

Changes during low oxygen pressure in different alpinist's disciplines, flight, parasailing and space flights. Chronic upper-air disease.

Changes during high oxygen pressure in different underwater activities (SCUBA-diving and complications).

## Popis obvezne ispitne literature:

1. Guyton AC, Hall JE. Medical Physiology. Medicinska naklada, jedanaesto izdanje, Zagreb, 2006.
2. Gamulin S, Marušić M, Kovač Z i sur. Patophysiology. Medicinska naklada, šesto izdanje, Zagreb, 2005. (selected chapters).

**Popis dopunske literature:**

All available journals in the field of sport medicine.

Different Internet databases (Pubmed, Ovid) for searching the recent articles in the field of sport medicine.

## **Nastavni plan:**

### **Predavanja popis (s naslovima i pojašnjenjem):**

#### **Lecture 1: Changes in cardiovascular and respiratory system during physical activity**

Normal functions of cardiovascular and respiratory system during physical activities . **Adaptations of organism following physical activities.**

#### **Lecture 2: Overtraining**

Control of training. Weariness. Overtraining.

#### **Lecture 3: Changes during low oxygen pressure in different alpinist's disciplines**

Chronic upper-air disease

#### **Lecture 4: Changes during high oxygen pressure**

Changes during high oxygen pressure in different underwater activities (SCUBA-diving and complications)

#### **Lecture 5: Physical activity and immune response**

#### **Changes in innate and acquired immunity during intensive sports activities**

#### **Lecture 6: Ergogenic substances**

Description of ergogenic substances. Doping

#### **Lecture 7: Sports Nutrition**

Specific nutrition of athletes.

#### **Lecture 8: Sports Injuries**

Presentation of the most common injuries of athletes characteristic for certain sports.

#### **Lecture 9: Physical activity in Elderly**

Sport in people of the third age. Changes in regenerative abilities in the third age of life. Consequences of physical inactivity.

#### **Lecture 10: Physical activity and CNS functions**

Acquisition, maintenance and improvement of psychomorphological abilities during intense effort. CNS response.

#### **Lecture 11: Paralympic sport**

Sports for people with disabilities

#### **Seminar 1: Aerobic and anaerobic exercises**

Physiology of aerobic and anaerobic exercise

#### **Seminar 2: Physical activity and rheumatoid disorders**

Specifics of physical activity in rheumatic diseases

#### **Seminar 3: Asthma and sports activities**

Changes in the respiratory system in asthmatic patients during intense physical exertion

#### **Seminar 4: Physical activity and COPD**

To understand the effect and complications of physical activity in patients with COPD

#### **Seminar 5: Endocrinological system disorders and sports activity**

To understand sports activities in people with diabetes mellitus; Adrenal cortex dysfunction and sports. Physical activity and thyroid dysfunction

### **Seminar 6: Digestive system disorders and sports**

To understand the specifics of intense physical effort in patients with IBD, Irritable colon.

### **Seminar 7: Changes in cardiovascular and respiratory system during physical activity**

To understand the changes in blood flow through the muscles and the adaptation of the circulatory system during moderate muscular work and in trained athletes. Presentation of cardiovascular and respiratory diseases and sports activities.

### **Obveze studenata:**

**Regular attendance to lectures and seminars. Preparation of course material to be discussed during seminars**

### **Ispit (način polaganja ispita, opis pisanog/usmenog/praktičnog dijela ispita, način bodovanja, kriterij ocjenjivanja):**

Evaluation would be performed according to 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. The oral presentation of particular segment of the course content is obligatory part of the final exam.

### **Ostale napomene (vezane uz kolegij) važne za studente:**

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# SATNICA IZVOĐENJA NASTAVE 2023/2024

Sports Physiology

| <b>Predavanja</b><br>(mjesto i vrijeme / grupa)   |
|---|
| <b>09.04.2024</b>   |
| Lecture 1: Changes in cardiovascular and respiratory system during physical activity: <ul style="list-style-type: none"><li>• ONLINE (18:30 - 20:00) <sup>[214]</sup><ul style="list-style-type: none"><li>◦ SpPh</li></ul></li></ul>   |
| prof. dr. sc. Mrakovčić-Šutić Ines, dr. med. <sup>[214]</sup>   |
| <b>11.04.2024</b>   |
| Lecture 2: Overtraining: <ul style="list-style-type: none"><li>• ONLINE (09:00 - 12:00) <sup>[214]</sup><ul style="list-style-type: none"><li>◦ SpPh</li></ul></li></ul> Lecture 3: Changes during low oxygen pressure in different alpinist's disciplines: <ul style="list-style-type: none"><li>• ONLINE (09:00 - 12:00) <sup>[214]</sup><ul style="list-style-type: none"><li>◦ SpPh</li></ul></li></ul>   |
| prof. dr. sc. Mrakovčić-Šutić Ines, dr. med. <sup>[214]</sup>   |
| <b>18.04.2024</b>   |
| Lecture 4: Changes during high oxygen pressure: <ul style="list-style-type: none"><li>• ONLINE (09:00 - 10:30) <sup>[214]</sup><ul style="list-style-type: none"><li>◦ SpPh</li></ul></li></ul> Lecture 5: Physical activity and immune response: <ul style="list-style-type: none"><li>• ONLINE (09:00 - 10:30) <sup>[214]</sup><ul style="list-style-type: none"><li>◦ SpPh</li></ul></li></ul>   |
| prof. dr. sc. Mrakovčić-Šutić Ines, dr. med. <sup>[214]</sup>   |
| <b>26.04.2024</b>   |
| Lecture 6: Ergogenic substances: <ul style="list-style-type: none"><li>• ONLINE (13:00 - 16:30) <sup>[214]</sup><ul style="list-style-type: none"><li>◦ SpPh</li></ul></li></ul> Lecture 7: Sports Nutrition: <ul style="list-style-type: none"><li>• ONLINE (13:00 - 16:30) <sup>[214]</sup><ul style="list-style-type: none"><li>◦ SpPh</li></ul></li></ul> Lecture 8: Sports Injuries: <ul style="list-style-type: none"><li>• ONLINE (13:00 - 16:30) <sup>[214]</sup><ul style="list-style-type: none"><li>◦ SpPh</li></ul></li></ul> |
| prof. dr. sc. Mrakovčić-Šutić Ines, dr. med. <sup>[214]</sup>   |
| <b>29.04.2024</b>   |
| Lecture 9: Physical activity in Elderly: <ul style="list-style-type: none"><li>• ONLINE (17:00 - 20:00) <sup>[214]</sup><ul style="list-style-type: none"><li>◦ SpPh</li></ul></li></ul> Lecture 10: Physical activity and CNS functions: <ul style="list-style-type: none"><li>• ONLINE (17:00 - 20:00) <sup>[214]</sup><ul style="list-style-type: none"><li>◦ SpPh</li></ul></li></ul>   |
| prof. dr. sc. Mrakovčić-Šutić Ines, dr. med. <sup>[214]</sup>   |
| <b>03.05.2024</b>   |

- Lecture 11: Paraolympic sport:
- Zavod za fiziologiju - Seminarska (12:15 - 13:00) <sup>[214]</sup>
    - SpPh
- Seminar 1: Aerobic and anaerobic exercises:
- Zavod za fiziologiju - Seminarska (13:00 - 15:15) <sup>[214]</sup>
    - SpPh
- Seminar 2: Physical activity and rheumatoid disorders:
- Zavod za fiziologiju - Seminarska (13:00 - 15:15) <sup>[214]</sup>
    - SpPh
- Seminar 3: Asthma and sports activities:
- Zavod za fiziologiju - Seminarska (13:00 - 15:15) <sup>[214]</sup>
    - SpPh

prof. dr. sc. Mrakovčić-Šutić Ines, dr. med. <sup>[214]</sup>

### 06.05.2024

- Seminar 4: Physical activity and COPD:
- ONLINE (17:30 - 20:30) <sup>[214]</sup>
    - SpPh
- Seminar 5: Endocrinological system disorders and sports activity:
- ONLINE (17:30 - 20:30) <sup>[214]</sup>
    - SpPh
- Seminar 6: Digestive system disorders and sports:
- ONLINE (17:30 - 20:30) <sup>[214]</sup>
    - SpPh
- Seminar 7: Changes in cardiovascular and respiratory system during physical activity:
- ONLINE (17:30 - 20:30) <sup>[214]</sup>
    - SpPh

prof. dr. sc. Mrakovčić-Šutić Ines, dr. med. <sup>[214]</sup>

### Popis predavanja, seminara i vježbi:

| PREDAVANJA (TEMA)  | Broj sati | Mjesto održavanja                 |
|--|-----------|-----------------------------------|
| Lecture 1: Changes in cardiovascular and respiratory system during physical activity | 2         | ONLINE                            |
| Lecture 2: Overtraining  | 2         | ONLINE                            |
| Lecture 3: Changes during low oxygen pressure in different alpinist's disciplines    | 2         | ONLINE                            |
| Lecture 4: Changes during high oxygen pressure                                       | 1         | ONLINE                            |
| Lecture 5: Physical activity and immune response                                     | 1         | ONLINE                            |
| Lecture 6: Ergogenic substances  | 1         | ONLINE                            |
| Lecture 7: Sports Nutrition  | 2         | ONLINE                            |
| Lecture 8: Sports Injuries   | 2         | ONLINE                            |
| Lecture 9: Physical activity in Elderly  | 2         | ONLINE                            |
| Lecture 10: Physical activity and CNS functions                                      | 2         | ONLINE                            |
| Lecture 11: Paraolympic sport  | 1         | Zavod za fiziologiju - Seminarska |
| Seminar 1: Aerobic and anaerobic exercises   | 1         | Zavod za fiziologiju - Seminarska |
| Seminar 2: Physical activity and rheumatoid disorders                                | 1         | Zavod za fiziologiju - Seminarska |
| Seminar 3: Asthma and sports activities  | 1         | Zavod za fiziologiju - Seminarska |

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|--|---|--------|
| Seminar 4: Physical activity and COPD  | 1 | ONLINE |
| Seminar 5: Endocrinological system disorders and sports activity                     | 1 | ONLINE |
| Seminar 6: Digestive system disorders and sports                                     | 1 | ONLINE |
| Seminar 7: Changes in cardiovascular and respiratory system during physical activity | 1 | ONLINE |

**ISPITNI TERMINI (završni ispit):**

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