



SPORTS MEDICINE

In the subject “Sports medicine” we impart basic medical knowledge, which is supposed to facilitate you when designing your training. In particular, the aim is to provide you with an understanding of the various structures and processes of the body. You will learn how to prevent injuries and how to reintegrate athletes into training after an injury.

Topics:

- Introduction to Sports medicine
- Cytology
- Histology
- Muscle contraction

- Types of joints, general anatomy of joints
- Knee joint
- Shoulder joint
- Hip joint
- Spinal column

- Cardio-vascular system
- Lungs / respiration
- Blood
- Energy metabolism