



UNIVERSITÀ
DEGLI STUDI DI MILANO-BICOCCA

COURSE SYLLABUS

Internato in Reparto di Medicina dello Sport

1819-2-H4101D098

Aims

The internship includes the frequency at the outpatient and laboratory for certificates of non-competitive sports fitness, where the student will face to the execution and interpretation of the baseline ECG, spirometry, the stress-ECG, and will participate in the decision-making process aimed at second level functional assessment by prescribing appropriate specialist exams. The student must know the field of application of Sports Medicine, the activity commonly performed by the Sports Doctor, the role of physical-sport activity in the field of public health, the main medical-diagnostic examinations for functional assessment in sports.

Contents

The student should know what the Sports Doctor does and be able to effectively relate with other health figures and to advise and manage physical-sport activities in conditions of safety for those practicing sport also in the therapeutic rehabilitation field.

Detailed program

Functional evaluation: the execution and interpretation of the baseline ECG, of spirometry, of stressed ECG

The relationship between physical activity and health: the prescription of physical exercise in sedentaries, sporting and patients

Role of physical activity in relation to the risk of cardio-vascular diseases

Alterations of health related to exercise: respiratory disorders, exercise induced asthma and trauma.

Certification of non-competitive fitness

Acclimatization to particular environments: altitude and depth, low and high temperature.

Sports doping: social, biological and regulatory aspects

Prerequisites

Essentials of Anatomy and Physiology

Teaching form

Laboratory activities / lectures

Textbook and teaching resource

W. D. Mc Ardle, F.I. Katch, V. L. Katch. Exercise Physiology: Nutrition, Energy, and Human Performance. Lippincott, PA, USA, 2018.

J. H. Wilmore, D.L. Costill. Physiology of Sport and Exercise. Champaign, IL, USA, 2008.

G. Ferretti, C. Capelli. Dagli abissi allo spazio. Casa editrice: Edi-ermes, Milano, 2008

Semester

second semester

Assessment method

oral exam

Office hours

By appointment, by communication to be sent to giulio.sancini@unimib.it
