

MINISTRY OF SCIENCE AND HIGHER EDUCATION OF THE RUSSIAN FEDERATION

**Federal State Autonomous Educational Institution of Higher Education
«National Research Lobachevsky State University of Nizhny Novgorod»**

Институт клинической медицины

УТВЕРЖДЕНО
решением Ученого совета ННГУ
протокол № 10 от 02.12.2024 г.

Working programme of the discipline

Basics of sport medical

Higher education level

Specialist degree

Area of study / speciality

31.05.01 - General Medicine

Focus /specialization of the study programme

General Medicine

Mode of study

full-time

Nizhny Novgorod

Year of commencement of studies 2025

1. Место дисциплины в структуре ОПОП

Дисциплина Б1.В.1.ДВ.01.01 Основы спортивной медицины относится к части, формируемой участниками образовательных отношений образовательной программы.

2. Планируемые результаты обучения по дисциплине, соотнесенные с планируемыми результатами освоения образовательной программы (компетенциями и индикаторами достижения компетенций)

Формируемые компетенции (код, содержание компетенции)	Планируемые результаты обучения по дисциплине (модулю), в соответствии с индикатором достижения компетенции		Наименование оценочного средства	
	Индикатор достижения компетенции (код, содержание индикатора)	Результаты обучения по дисциплине	Для текущего контроля успеваемости	Для промежуточной аттестации
УК-7: Способен поддерживать должный уровень физической подготовленности для обеспечения полноценной социальной и профессиональной деятельности	<p>УК-7.1: Поддерживает должный уровень физической подготовленности для обеспечения полноценной социальной и профессиональной деятельности и соблюдает нормы здорового образа жизни.</p> <p>УК-7.2: Использует основы физической культуры для осознанного выбора здоровьесберегающих технологий с учетом внутренних и внешних условий реализации конкретной профессиональной деятельности.</p>	<p>УК-7.1: Knows the terminological apparatus in the field of prevention, sports medicine; indications and contraindications to the use of methods for the prevention of injuries, diseases and (or) conditions and health promotion; principles, features and methods of preventive and health-improving measures, including the use of modern technologies</p> <p>Is able to identify indications and contraindications to the use of methods for the prevention of injuries, diseases and (or) conditions and health promotion;</p> <p>to determine the purpose and objectives, to select the means and methods of preventive and health-improving measures, including modern medical fitness technologies, to evaluate the effectiveness of preventive and</p> <p>He has experience in carrying out preventive and recreational activities, conducting medical supervision of athletes.</p> <p>УК-7.2: He knows the modern concept of physical activity for health, the</p>	<p>Задачи</p> <p>Реферат</p> <p>Тест</p>	<p>Зачёт:</p> <p>Контрольные вопросы</p>

		<i>basics of medical and biological support for the educational and training process, the procedure for admission to physical education and sports, the basics of dispensary monitoring of physical education and sports, the concept of total physical activity, methods for assessing the intensity and total volume of physical activity, global recommendations on physical activity, compilation recommendations for physical activity to maintain and improve health conditions.</i>		
--	--	--	--	--

3. Структура и содержание дисциплины

3.1 Трудоемкость дисциплины

	очная
Общая трудоемкость, з.е.	5
Часов по учебному плану	180
в том числе	
аудиторные занятия (контактная работа):	
- занятия лекционного типа	4
- занятия семинарского типа (практические занятия / лабораторные работы)	32
- КСР	1
самостоятельная работа	143
Промежуточная аттестация	0 Зачёт

3.2. Содержание дисциплины

(структурированное по темам (разделам) с указанием отведенного на них количества академических часов и виды учебных занятий)

Наименование разделов и тем дисциплины	Всего (часы)	в том числе			Самостоятельная работа обучающегося, часы
		Контактная работа (работа во взаимодействии с преподавателем), часы из них			
		Занятия лекционного типа	Занятия семинарского типа	Всего	

	0 Ф 0	0 Ф 0	(практические занятия/лабораторные работы), часы	0 Ф 0	0 Ф 0
Section 1. Organizational and medical-biological foundations of sports medicine	42	2	10	12	30
Section 2. Morphofunctional state of the athlete's body and methods of its assessment	44	2	12	14	30
Section 3. Medical supervision in sports medicine	93		10	10	83
Аттестация	0				
КСР	1			1	
Итого	180	4	32	37	143

Contents of sections and topics of the discipline

Section 1. Organizational and medical-biological foundations of sports medicine

Topic 1. Introduction to sports medicine. Organization of sports medicine in the Russian Federation.

Topic 2. Fundamentals of general pathology.

Section 2. Morphofunctional state of the athlete's body and methods of its assessment

Topic 3. Research and assessment of physical development.

Topic 4. Research methods of the respiratory system and the cardiovascular system in sports medicine.

Topic 5. Research methods of the musculoskeletal system and nervous system in sports medicine.

Topic 6. Physical performance. The training. Functional problems with physical exertion.

Section 3. Medical supervision in sports medicine

Topic 7. Medical supervision of those involved in physical culture and sports. Types of medical examinations. Medical control during training sessions, competitions and mass events.

Topic 8. Features of medical supervision depending on gender, age and state of health.

Topic 9. Overwork. Overtraining. Overexertion. Restoration of working capacity in sports. Anti-doping control.

Sports injuries. First aid

4. Учебно-методическое обеспечение самостоятельной работы обучающихся

Самостоятельная работа обучающихся включает в себя подготовку к контрольным вопросам и заданиям для текущего контроля и промежуточной аттестации по итогам освоения дисциплины приведенным в п. 5.

1. Андриянова, Е. Ю. Спортивная медицина : учебное пособие для вузов / Е. Ю.

Андриянова. — 2-е изд., перераб. и доп. — Москва : Издательство Юрайт, 2021 — 325 с.

— (Высшее образование). — ISBN 978-5-534-12603-7. — Текст : электронный //

Образовательная платформа Юрайт [сайт]. — URL: <https://urait.ru/bcode/476692>

2. Спортивная медицина : учебник / составитель В. П. Власова. — Саранск :

МГПИ им. М.Е. Евсевьева, 2019 — 322 с. — Текст : электронный // Лань :

электроннобиблиотечная система. — URL: <https://e.lanbook.com/book/163498>

3. Белова, Л. В. Спортивная медицина : учебное пособие / Л. В. Белова. —

Ставрополь : СКФУ, 2016 — 149 с. — Текст : электронный // Лань : электроннобиблиотечная

система. — URL: <https://e.lanbook.com/book/155305>

4. Спортивная медицина : учебно-методическое пособие / составители В. М. Ериков, А. А. Никулин. — Рязань : РГУ имени С.А.Есенина, 2017 — 112 с. — ISBN 978-5-906987-06-8. — Текст : электронный // Лань : электронно-библиотечная система. — URL: <https://e.lanbook.com/book/164524>

5. Assessment tools for ongoing monitoring of learning progress and interim certification in the discipline (module)

5.1 Model assignments required for assessment of learning outcomes during the ongoing monitoring of learning progress with the criteria for their assessment:

5.1.1 Model assignments (assessment tool - Tasks) to assess the development of the competency УК-7:

Typical tasks/tasks for assessing competence formation An external examination of the athlete revealed low mobility in the hip and knee joints.

****Task** What methods can be used to assess joint mobility? What are the consequences of reduced mobility in the joints of the lower extremity? What are your recommendations regarding the correction of the detected violation?

****The gymnast is 18 years old. Complains of difficulty in performing strength exercises, excessive sweating during exercise. All this arose after a break in training during the holidays.Task** A possible reason for the observed changes?Your examination tactics, recommendations? A tree crushed a tourist's legs during a hike. He has been in this state for more than 2 hours, but he is conscious.

*****Task** Choose the correct answers and arrange them in order of priority.: Lift the tree and free your legs do not lift a tree or disturb the victim until the arrival of rescue services, even if it takes a day to wait for them , take off your shoes and cover your feet and cover your feet below the obstacle with bottles or flasks of hot water (warm the water over a campfire)cover your feet with bottles and flasks filled with icy spring watertightly bandage your feet to the injury site offer plenty of warm drinking (for example, tea from a thermos) should be excluded, any liquid should be given 2-3 tablets of analgin , and protective tourniquets should be applied to the hips above the compression siteconstantly rub and massage the legs until the victim is released , apply improvised splints from the armpits to the heels , apply improvised splints from the inguinal fold to the heels , tightly bandage to the inguinal folds , carry or transport the victim only on a stretcher, even if he feels well During an in-depth medical examination, the athlete revealed the presence of a chronic infection.

****Task** Is it possible for an athlete to continue training in this case? Justify the answer. Examination of a teenager showing interest in sports revealed symptoms predisposing to the development of hypertensive conditions. Task What kinds of sports are advisable to recommend in the current situation? Justify the answer.

***** Acrobat D., 17 years old, KMS, 10 years of athletic experience, does not complain at the time of the examination. When determining physical development by anthropometry, the following results were obtained: body length – 165cm, body weight - 48 kg, chest circumference – 78 cm, body volume – 3200ml, wrist dynamometry – 24 kg.Task** Evaluate the results obtained using the index method (calculate Quetelet, Erisman, vital, and strength indices). Give recommendations.

Assessment criteria (assessment tool — Tasks)

Grade	Assessment criteria
outstanding	The level of knowledge in excess of the training program. All basic skills are demonstrated. All the main tasks have been solved. All tasks have been completed, and a creative approach to solving non-standard tasks has been demonstrated in full without any shortcomings.
excellent	The level of knowledge in the volume corresponding to the training program, without errors. All basic skills have been demonstrated, all basic tasks have been solved with some minor shortcomings, and all tasks have been completed in full. Demonstrated skills in solving non-standard tasks without errors and shortcomings.
very good	The level of knowledge in the volume corresponding to the training program. Several minor mistakes were made and all basic skills were demonstrated. All the main tasks have been solved. All tasks have been completed, in full, but some with shortcomings. Basic skills are demonstrated in solving standard tasks without errors and shortcomings.
good	The level of knowledge in the volume corresponding to the training program. Several minor mistakes were made and all basic skills were demonstrated. All the main tasks with minor errors have been solved. All tasks have been completed, in full, but some with shortcomings. Basic skills are demonstrated in solving standard tasks with some shortcomings.
satisfactory	The minimum acceptable level of knowledge. A lot of rough mistakes have been made. Basic skills are demonstrated. Typical tasks with minor errors have been solved. All tasks have been completed, but not in full. There is a minimal set of skills for solving standard tasks with some shortcomings.
unsatisfactory	Basic skills are not demonstrated when solving standard tasks. There were gross mistakes.
poor	Lack of knowledge of the material. Inability to assess the availability of skills due to the student's refusal to respond

5.1.2 Model assignments (assessment tool - Abstract) to assess the development of the competency YK-7:

1. Features of the physique, physical development, functional status and the nature of the morbidity of athletes (using the example of the chosen specialization).
The main contraindications to sports are from various body systems. Medical means of restoring and improving working capacity in physical education and sports (using the example of a chosen specialization). Sudden death in sports.
The impact of sports on sexual development. Physical performance testing in sports medicine. Medical and pedagogical supervision in sports medicine.
*The impact of chronic focal infection on the health and performance of an athlete.
2. Anabolic steroids and athletes' health. *
3. Self-control of athletes. *
4. Pre-pathological and pathological conditions in athletes (causes, pathophysiological and pathobiochemical manifestations, prevention). **
5. Factors that impair the physical performance of athletes.*
6. Chronic overexertion of the leading organs and body systems in athletes. *

7. Features of medical supervision of elderly people engaged in physical education and sports. *
8. Features of medical supervision of women involved in physical education and sports.*
9. Features of medical supervision of children and adolescents engaged in physical education and sports.*
10. Features of medical supervision of people with disabilities engaged in physical education and sports.*
11. Features of the morphofunctional state of the cardiovascular system of athletes and athletes.*
12. Acute pathological conditions in irrational physical education and sports.*
13. Organization of medical care for athletes with disabilities. Organization of a doping control service in a chosen sport.*

Assessment criteria (assessment tool — Abstract)

Grade	Assessment criteria
outstanding	The level of knowledge in excess of the training program. All basic skills are demonstrated. All the main tasks have been solved. All tasks have been completed, and a creative approach to solving non-standard tasks has been demonstrated in full without any shortcomings.
excellent	The level of knowledge in the volume corresponding to the training program, without errors. All basic skills have been demonstrated, all basic tasks have been solved with some minor shortcomings, and all tasks have been completed in full. Demonstrated skills in solving non-standard tasks without errors and shortcomings.
very good	The level of knowledge in the volume corresponding to the training program. Several minor mistakes were made and all basic skills were demonstrated. All the main tasks have been solved. All tasks have been completed, in full, but some with shortcomings. Basic skills are demonstrated in solving standard tasks without errors and shortcomings.
good	The level of knowledge in the volume corresponding to the training program. Several minor mistakes were made and all basic skills were demonstrated. All the main tasks with minor errors have been solved. All tasks have been completed, in full, but some with shortcomings. Basic skills are demonstrated in solving standard tasks with some shortcomings.
satisfactory	The minimum acceptable level of knowledge. A lot of rough mistakes have been made. Basic skills are demonstrated. Typical tasks with minor errors have been solved. All tasks have been completed, but not in full. There is a minimal set of skills for solving standard tasks with some shortcomings.
unsatisfactory	Basic skills are not demonstrated when solving standard tasks. There were gross mistakes.
poor	Lack of knowledge of the material. Inability to assess the availability of skills due to the student's refusal to respond

5.1.3 Model assignments (assessment tool - Test) to assess the development of the competency YK-7:

1.Sports medicine is a science that studies the impact of Sports on the athlete's body.influence of physical culture classes on the human body.health, physical development and functional capabilities of a person in connection with sports and Physical Culture.influence of hypodynamia on the body of a healthy person.the impact of hyperdynamia on the body of a healthy person.*

2. the main types of medical examination of athletes include primary examinations.current observations.stage surveys.preventive examinations.additional examinations.All of the above is correct.Right A, B, C, D.That's Right A, B, D.Human health isa state of complete physical, mental and social well-being, and not just the absence of a disease or physical disabilities.lack of a disease or physical disabilities.a functional optimum, within which the body functions most effectively applied to specific conditions.measures the life activity of the body in these specific conditions of the environment, within which changes in physiological processes are maintained at the optimal level of functioning of homeostatic self-regulation*

.4. the main signs of long-term adaptation of the cardiovascular system to optimal physical loads (especially for the development of endurance) are: A. bradycardia, physiological hypotension, significantly expressed myocardial hypertrophy. B. bradycardia, moderate hypertension, myocardial hypertrophy. B. bradycardia, physiological hypotension, moderate myocardial hypertrophy with appropriate development of coronary blood flow. G. bradycardia, hypotension, hypertrophy of the mainly right parts of the myocardium. D. tachycardia, physiological hypertension, moderate myocardial hypertrophy with appropriate development of coronary blood flow.*

5. the hypertonic type of reaction of the cardiovascular system to physical exertion is characterized by: increased pulse rate to 60-80%, moderate increase in systolic blood pressure, some decrease in diastolic blood pressure, increased pulse blood pressure. increased heart rate to 60-80%, moderate decrease in systolic, diastolic and pulse blood pressure. increased pulse rate by 100% moderately increased systolic blood pressure, decreased diastolic and pulse blood pressure. an increase in the pulse rate above 100%, a slight increase in systolic, diastolic, a decrease in pulse blood pressure. increased heart rate above 100%, significant increase in systolic and diastolic blood pressure.*

6. the sample of Academician V. I. Voyachek is used to study the functional state support and engine equipment.CCC.vestibular apparatus.respiratory system.proprioceptive sensitivity.

7. the necessary indicators for calculating the maximum oxygen consumption (l/min) by the indirect method include heart rate decreases before and after exercise.maximum heart rate and maximum load capacity.maximum load capacity.maximum breathing rate during loading.

8. the most severe of the listed injuries of the musculoskeletal system include bruises.get out.ruptured muscles and tendons.muscle stretching.*

9. the period of supercompensation in the process of recovery after physical exertion is: return of performance to the original level. improving performance over the initial level. reduced performance compared to the initial level. state of absolute rest.attracting active recreation.**

10. optimal ratio of breathing and rhythm of pressure on the sternum during resuscitation by two rescuers: For 1 breath-5 pressures. For 2 breaths -15 pressures. For 1 breath-10 pressures. For 2 breaths-5 pressures.***

Assessment criteria (assessment tool — Test)

Grade	Assessment criteria
pass	At least 70% of the correct answers

Grade	Assessment criteria
fail	More than 70% of correct answers

5.2. Description of scales for assessing learning outcomes in the discipline during interim certification

Шкала оценивания сформированности компетенций

Уровень сформированности компетенций (индикатора достижения компетенций)	плохо	неудовлетворительно	удовлетворительно	хорошо	очень хорошо	отлично	превосходно
	не зачтено			зачтено			
<u>Знания</u>	Отсутствие знаний теоретического материала. Невозможность оценить полноту знаний вследствие отказа обучающегося от ответа	Уровень знаний ниже минимальных требований. Имели место грубые ошибки	Минимально допустимый уровень знаний. Допущено много негрубых ошибок	Уровень знаний в объеме, соответствующем программе подготовки. Допущено несколько негрубых ошибок	Уровень знаний в объеме, соответствующем программе подготовки. Допущено несколько несущественных ошибок	Уровень знаний в объеме, соответствующем программе подготовки. Ошибок нет.	Уровень знаний в объеме, превышающем программу подготовки.
<u>Умения</u>	Отсутствие минимальных умений. Невозможность оценить наличие умений вследствие отказа обучающегося от ответа	При решении стандартных задач не продемонстрированы основные умения. Имели место грубые ошибки	Продемонстрированы основные умения. Решены типовые задачи с негрубыми ошибками. Выполнены все задания, но не в полном объеме	Продемонстрированы все основные умения. Решены все основные задачи с негрубыми ошибками. Выполнены все задания в полном объеме, но некоторые с недочетами	Продемонстрированы все основные умения. Решены все основные задачи. Выполнены все задания в полном объеме, но некоторые с недочетами	Продемонстрированы все основные умения. Решены все основные задачи с отдельными и несущественными недочетами, выполнены все задания в полном объеме	Продемонстрированы все основные умения. Решены все основные задачи. Выполнены все задания, в полном объеме без недочетов
<u>Навыки</u>	Отсутствие базовых навыков. Невозможность оценить наличие навыков вследствие отказа обучающегося от ответа	При решении стандартных задач не продемонстрированы базовые навыки. Имели место грубые ошибки	Имеется минимальный набор навыков для решения стандартных задач с некоторыми недочетами	Продемонстрированы базовые навыки при решении стандартных задач с некоторыми недочетами	Продемонстрированы базовые навыки при решении стандартных задач без ошибок и недочетов	Продемонстрированы навыки при решении нестандартных задач без ошибок и недочетов	Продемонстрирован творческий подход к решению нестандартных задач

Scale of assessment for interim certification

Grade		Assessment criteria
pass	outstanding	All the competencies (parts of competencies) to be developed within the discipline have been developed at a level no lower than "outstanding", the knowledge and skills for the relevant competencies have been demonstrated at a level higher than the one set out in the programme.
	excellent	All the competencies (parts of competencies) to be developed within the discipline have been developed at a level no lower than "excellent",
	very good	All the competencies (parts of competencies) to be developed within the discipline have been developed at a level no lower than "very good",
	good	All the competencies (parts of competencies) to be developed within the discipline have been developed at a level no lower than "good",
	satisfactory	All the competencies (parts of competencies) to be developed within the discipline have been developed at a level no lower than "satisfactory", with at least one competency developed at the "satisfactory" level.
fail	unsatisfactory	At least one competency has been developed at the "unsatisfactory" level.
	poor	At least one competency has been developed at the "poor" level.

5.3 Model control assignments or other materials required to assess learning outcomes during the interim certification with the criteria for their assessment:

5.3.1 Model assignments (assessment tool - Control questions) to assess the development of the competency YK-7

1. The concept, purpose and objectives of sports medicine. *
2. Organization of medical care for people involved in physical education and sports.*
3. Forms of organization of medical supervision.*
4. Tasks and content of medical and pedagogical observations. *
5. The concept of health and norms. The importance of health in sports.*
6. Factors determining human health. The concept of pre-disease, disease, pathological reaction, pathological process
7. The biological essence of the disease. Etiology and pathogenesis. Outcomes of the disease.*
8. The role of heredity in pathology. Reactivity of the body (general and immunological). *
9. Modern concepts of immunity. Changes in the immune response of athletes in the training macrocycle.
10. Typical pathological processes. Hypertrophic processes in the athlete's body. *
11. The concept of physical development, physique, constitution and somatotype. Classification and characterization of
12. The concept of correct posture, types of posture disorders, and their characteristics. Methods for assessing the condi
13. Defects in posture and foot shape are contraindications to some sports. Methods of research and assessment of phys
14. Features of the functional state of the respiratory apparatus in athletes.*
15. Investigation of the functional state of the respiratory system. *
16. Functional tests of the respiratory system. Functional features of the cardiovascular system in athletes.*
17. The concept of a "sporty" heart. Physiological and pathological sports heart. Investigation of the functional state of
18. Types of reactions of the cardiovascular system to metered physical activity. *

19. Functional tests of the cardiovascular system. Pressor samples. The Serkin test. The effect of sports on the functional state of the cardiovascular system.
20. The most common causes of disorders of the functional state of the central nervous system. The study of the functional state of the central nervous system.
21. The effect of sports on the functional state of the ANS. The study of the functional state of the autonomic nervous system.
22. Clinical characteristics of the functional state of the ANS.*
23. Skin-vegetative reflexes. The Kerdo vegetative index. *
24. Tests with a change in body position in space - orthostatic test, clinostatic test. The effect of sports on the vestibular apparatus.
25. The simplest methods for determining the functional state of the vestibular apparatus (Romberg test, finger test, knee test).
26. Examination of the motor analyzer. Tapping test. *
27. The study of kinesthetic and proprioceptive sensitivity.*
28. Investigation and evaluation of the amplitude of movements in the joints of the extremities and the flexibility of the joints.
29. The study of muscle strength. Dynamometry. *
30. The concept of physical performance and fitness. General and special physical performance. *
31. Functional tests with physical activity. The concept, tasks, requirements and classification. *
32. The methodology of conducting and evaluating the Letunov sample.*
33. Assessment of physical performance based on the Roufier test. *
34. Harvard step test, methodology, evaluation of results, standard values. *
35. The Martine trial. The methodology of conducting and evaluating the results. *
36. Determination of physical performance by testing on a bicycle ergometer and treadmill. *
37. Determination of physical performance based on the PWC170 sample. *
38. The Novakka test.*
39. The methodology of carrying out, the method of dosing physical activity, evaluation of test results.*
40. Assessment of the functional capabilities of the cardiorespiratory system by determining the maximum oxygen consumption. The complex concept of fitness. Types of training. Assessment methods.
41. The concept of functional fitness. ***
42. Features of medical and pedagogical supervision of children and adolescents, elderly people engaged in physical education and sports.
43. Medical and pedagogical supervision of disabled people engaged in physical education and sports. **
44. Types, content, tasks and time of medical examinations of athletes. Self-control during physical education and sports.
45. Principles of organization of medical support for sports competitions.*
46. Emergency conditions in sports medicine. First aid. Sports injury. Concept, causes, classification, prevention. **
47. The concept of asepsis and antiseptics: antiseptics, methods of their use. Types of bleeding, signs of different types of injuries of the musculoskeletal system. First aid. Rules for carrying and transporting victims.
48. Overtraining, overexertion during physical education and sports. ***
49. The concept, causes, and prevention. Fatigue, overwork during physical education and sports. The concept, causes, and prevention.
50. Restoration of athletic performance. General principles of recovery process management. Phases of recovery process.
51. The main and auxiliary means of accelerating recovery processes. Products of increased biological value, their role in recovery.
52. Anti-doping control in sports, groups of doping drugs, anti-doping control procedure. Pharmacological agents that are prohibited in sports.

Assessment criteria (assessment tool — Control questions)

Grade	Assessment criteria
pass	All competencies (parts of competencies) that the discipline is aimed at forming are formed at a level not lower than "satisfactory", while at least one competence is formed at the "satisfactory" level
fail	At least one competence has been formed at the "unsatisfactory" level.

6. Учебно-методическое и информационное обеспечение дисциплины (модуля)

Основная литература:

1. Андриянова Е. Ю. Спортивная медицина : учебное пособие / Е. Ю. Андриянова. - 2-е изд. ; пер. и доп. - Москва : Юрайт, 2023. - 325 с. - (Высшее образование). - ISBN 978-5-534-12603-7. - Текст : электронный // ЭБС "Юрайт" ., <https://e-lib.unn.ru/MegaPro/UserEntry?Action=FindDocs&ids=843371&idb=0>.
2. Граевская Н. Д. Спортивная медицина. Курс лекций и практические занятия : учебное пособие / Граевская Н. Д., Долматова Т. И. - Москва : Спорт-Человек, 2018. - 712 с. - Книга из коллекции Спорт-Человек - Физкультура и Спорт. - ISBN 978-5-906839-52-7., <https://e-lib.unn.ru/MegaPro/UserEntry?Action=FindDocs&ids=879623&idb=0>.
3. Поляев. Спортивная медицина : национальное руководство / Поляев; Макарова; Парастаев. - Москва : ГЭОТАР-Медиа, 2022. - 880 с. - ISBN 978-5-9704-6657-5., <https://e-lib.unn.ru/MegaPro/UserEntry?Action=FindDocs&ids=870696&idb=0>.
4. Елифанов. Спортивная медицина : практическое руководство / Елифанов; Елифанов. - Москва : ГЭОТАР-Медиа, 2023. - 664 с. - ISBN 978-5-9704-7274-3., <https://e-lib.unn.ru/MegaPro/UserEntry?Action=FindDocs&ids=870675&idb=0>.
5. Дмитриев А. В. Спортивная нутрициология / Дмитриев А. В., Гунина Л. М. - 2-е изд. - Москва : Спорт-Человек, 2022. - 640 с. - Книга из коллекции Спорт-Человек - Физкультура и Спорт. - ISBN 978-5-907225-91-6., <https://e-lib.unn.ru/MegaPro/UserEntry?Action=FindDocs&ids=881238&idb=0>.

Дополнительная литература:

1. Дополнительные материалы к изданию "Спортивная медицина" : практическое руководство. - Москва : ГЭОТАР-Медиа, . - 536 с. - ISBN ISBN 978-5-9704-4844-1., <https://e-lib.unn.ru/MegaPro/UserEntry?Action=FindDocs&ids=734631&idb=0>.
2. Елифанов. Спортивная медицина : практическое руководство / Елифанов; Елифанов. - Москва : ГЭОТАР-Медиа, 2023. - 664 с. - ISBN 978-5-9704-7274-3., <https://e-lib.unn.ru/MegaPro/UserEntry?Action=FindDocs&ids=870675&idb=0>.
3. Солодков А. С. Физиология человека. Общая. Спортивная. Возрастная : учебник / Солодков А. С., Сологуб Е. Б. - 11-е изд. - Москва : Спорт-Человек, 2023. - 624 с. - Допущен Министерством РФ по физической культуре и спорту в качестве учебника для высших учебных заведений физической культуры. - Книга из коллекции Спорт-Человек - Медицина. - ISBN 978-5-907601-21-5., <https://e-lib.unn.ru/MegaPro/UserEntry?Action=FindDocs&ids=883209&idb=0>.
4. Спорт, стресс, вариабельность / Гаврилова Е.А. - Москва : Спорт, 2015., <https://e-lib.unn.ru/MegaPro/UserEntry?Action=FindDocs&ids=646499&idb=0>.
5. Биохимический контроль в спорте / Никулин Б.А., Родионова И.И. - Москва : Советский спорт, 2011., <https://e-lib.unn.ru/MegaPro/UserEntry?Action=FindDocs&ids=636087&idb=0>.
6. Дёшин Р. Г. Диагностика в клинической и спортивной медицине. Справочник : Справочник. Диагностика в клинической и спортивной медицине / Дёшин Р. Г. - Москва : Спорт-Человек, 2016. - 140 с. - Книга из коллекции Спорт-Человек - Физкультура и Спорт. - ISBN 978-5-906839-22-0., <https://e-lib.unn.ru/MegaPro/UserEntry?Action=FindDocs&ids=879480&idb=0>.
7. Врачебный контроль в физической культуре. - Москва : ГЭОТАР-Медиа, 2019., <https://e-lib.unn.ru/MegaPro/UserEntry?Action=FindDocs&ids=657534&idb=0>.

Программное обеспечение и Интернет-ресурсы (в соответствии с содержанием дисциплины):

1. Электронные библиотеки (Znaniium.com, «ЭБС консультант студента», «Лань» Университетская библиотека Online и др.)
2. Научная российская электронная библиотека elibrary.ru
3. Научоёмкие базы данных Scopus, Web of Science, BioMed Central
4. Периодика онлайн (Elsevier, Nature, Springer, Wiley online library, УИРС Россия)
5. DOAJ-Direktory of Open Access Journals
6. HighWirePress
7. PLOS-Publik Library of Science

7. Материально-техническое обеспечение дисциплины (модуля)

Учебные аудитории для проведения учебных занятий, предусмотренных образовательной программой, оснащены мультимедийным оборудованием (проектор, экран), техническими средствами обучения, компьютерами, специализированным оборудованием: Медицинский кабинет (лаборатория спортивной медицины): электрокардиограф, компьютер, весы, автоматизированная установка для исследования функциональных состояний человека, оборудование для проведения антропометрических и соматоскопических обследований

Помещения для самостоятельной работы обучающихся оснащены компьютерной техникой с возможностью подключения к сети "Интернет" и обеспечены доступом в электронную информационно-образовательную среду.

Программа составлена в соответствии с требованиями ФГОС ВО по направлению подготовки/специальности 31.05.01 - General Medicine.

Авторы: Балчугов Владимир Аркадьевич, кандидат медицинских наук, доцент.

Заведующий кафедрой: Курникова Мария Владимировна, доктор социологических наук.

Программа одобрена на заседании методической комиссии от 28 ноября 2024, протокол № №9.