

<b>ID</b>	2298
<b>Curricular Unit</b>	Medicine in Sports Training
<b>Regent</b>	José Henrique Fuentes Gomes Pereira
<b>Learning Outcomes</b>	The medical perspective training occupies a very significant place in athlete preparation of income. In this context, the objective discipline knowledge of scientific and technical themes and medical procedures related to sports training grounds.
<b>Syllabus</b>	<p>History of Medicine 1. Resenha applied to sporting activity</p> <p>2. Organização a service support training Sports Medicine. Doctor-athlete-coach. The doctor-sports support individual and collective modes.</p> <p>3. Medical examination leading to the award of medical and sporting prowess. In sport in general. In competitive sport. Exclusion criteria. Specific criteria justifying restrictions.</p> <p>4. The youth sports training. Musculoskeletal injuries in prepubertal and adolescent. Rehabilitation young athlete. Medical training of physical qualities in the young. Risks and limitations</p> <p>5. Sports Nutrition. Ergogenic aids. Doping. Gain and loss of body mass - strategies, benefits and risks. Sports Dietetics. Hydration and rehydration. Legal ergogenic substances. Anti-doping legislation.</p> <p>6. Workout and environmental conditions. Physiological adaptations to hipobária and hiperbária. Physiological adaptations to the hygrometric state of the air. Fluid and electrolyte balance and homeotherm. The athlete o</p>
<b>Evaluation</b>	Preparation of work and oral discussion.
<b>Bibliography</b>	<p>Bahr, R., Mæhlum, S. Clinical Guide to Sports Injuries. Human Kinetics, 2004.</p> <p>Burke, L., Deakin, V. Clinical Sports Nutrition. Third Ed, McGraw-Hill, 2007.</p> <p>Brukner P, Khan, K. Clinial Sports Medicine. Third Ed, McGraw-Hill, 2007.</p> <p>Ehrman, JK, Gordon, PM, Visich, PS, Keteyian, SJ Clinical Exercise Physiology. Human Kinetics, 2003.</p> <p>MacAuley, D., Best, T. Evidence-based Sports Medicine. BMJ Books, 2004.</p> <p>MacAuley, D. Oxford Handbook of Sport and Exercise Medicine. Oxford University Press, 2007.</p> <p>Eustace, S., Johnston, C., O'Neill, P., O'Byrne, J. Sports Injuries. Examination, Imaging and Management. Churchill Livingstone. Elsevier, 2007.</p> <p>Peterson, L., Renstrom, P. Sports Injuries. Their prevention and treatment. Martin Dunitz, 2002.</p> <p>Mellion, MB, Walsh., Shelton. The team physician handbook. Hanley &amp; Belfus / Philadelphia, 2002.</p> <p>Viru, A., Viru, M. Biochemical Monitoring of Sport Training. Human Kinetics, 2001.</p>