

<b>ID</b>	3043
<b>Curricular Unit</b>	Medicine in Sports Training
<b>Regent</b>	José Henrique Fuentes Gomes Pereira
<b>Learning Outcomes</b>	The medical perspective of training occupies a very significant place in athlete preparation of income. In this context, this subject aims at the knowledge of scientific and technical themes and medical procedures related to sports training.
<b>Syllabus</b>	<ol style="list-style-type: none"> <li>1. Historical overview of Medicine applied to sports activity.</li> <li>2. Organizing a Sports Medicine service in support of training. Doctor-athlete-coach relationship. The medical-sporting support in individual and collective sports.</li> <li>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.</li> <li>4. The youth sports training. Musculoskeletal injuries in prepubertal and adolescents. Rehabilitation in young athletes. Medical training of physical qualities in the young. Risks and limitations.</li> <li>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.</li> <li>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 (...)</li> </ol>
<b>Evaluation</b>	Preparation of work and oral discussion.

## **Bibliography**

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