

ID	3456
Curricular Unit	Medicine in Sports Training
Regent	José Henrique Fuentes Gomes Pereira
Learning Outcomes	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.
Syllabus	<ol style="list-style-type: none"> 1. Historical overview of Medicine applied to sports activity. 2. Organizing a Sports Medicine service in support of training. Doctor-athlete-coach relationship. The medical-sporting support in individual and collective sports. 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. 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. 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. 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 (...)
Evaluation	Preparation of work and oral discussion.

Bibliography

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- MacAuley, D. Oxford Handbook of Sport and Exercise Medicine. Oxford University Press, 2007.
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