

Title:	BIOMEDICAL ASPECTS OF PHYSICAL ACTIVITY
Lecture hours:	30
Study period: (summer/winter)	summer/winter
Number of credits:	5 ECTS
Assessment methods:	Theoretical exam, 100% Coursework
Language of instruction:	English
Prerequisites:	Knowledge about Exercise and Physical Activity in Health and Disease
Course content:	<p>Medical propaedeutics:</p> <ul style="list-style-type: none"> ○ qualification in Sport & Exercise, ○ use of Biomechanics, Biochemistry, Medical physics, Pharmacology, Physiology in sport and exercises ○ the inflammatory process, ○ Aging and Physical Activity, ○ Physical activity and depression (in clinical and non-clinical populations) ○ Physical activity and cognition, ○ Physical activity and dementia (Alzheimer), ○ Physical activity and self-concept, ○ Physical activity and quality of life, ○ Motivation to physical activity, ○ Therapeutical physical activity related to <ul style="list-style-type: none"> ○ Pain reduction ○ Osteoporosis ○ Gait exercise ○ Rehabilitation
Learning outcomes:	<p>A student passing this module should be able to:</p> <ol style="list-style-type: none"> 1. Explain the influence of exercises and physical activity on human health. 2. Gives specific information's about types of exercises provided in different types of diseases. 3. Evaluate and interpret the health condition and recommend specific exercises in different types of illness.
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Literature:	<ol style="list-style-type: none"> 1. Journal of Physical Activity and Health JPAH articles 2. Baltic Journal of Health and Physical Activity articles 3. American heart association http://www.heart.org 4. Advances in sport psychology / Thelma S. Horn, ed. – 3rd ed. – Champaign : Human Kinetics, 2008. – XI, 499 p. : ill. – ISBN 9780736057356 5. Advances in applied sport psychology : a review / [edited by] Stephen Mellalieu and Sheldon Hanton. – Abingdon, Oxon ; New York : Routledge, 2009. – 354 p. 6. Surgical techniques in sports medicine / [edited by] Neal S. Elattrache... [et al.]. – 1st ed. – Baltimore : Lippincott Williams & Wilkins, c2007. – 694 p. 7. Sports medicine and athletic training : patient education manual / Aspen Reference Group/Health and Science ; ed. Simon Weavers, Loretta B. Haugt. – Gaithersburg MA : Aspen, 1999 8. http://www.ncbi.nlm.nih.gov/