

PRIVATE HIGHER EDUCATIONAL INSTITUTION
"INTERNATIONAL ACADEMY OF ECOLOGY AND MEDICINE"
Department of Surgical Diseases with the course of Obstetrics and
Gynecology and the course of Pediatrics and Children's Infectious Diseases

**SYLLABUS
EDUCATIONAL DISCIPLINE**

" Physical rehabilitation, sports medicine"

LEVEL OF HIGHER EDUCATION Second (master's) level

DEGREE OF HIGHER EDUCATION Master

FIELD OF KNOWLEDGE 22 Healthcare

SPECIALTY 221 Dentistry

Considered and approved at the meeting of the
Department of Surgical Diseases with the course of Obstetrics and Gynecology
and the course of Pediatrics and Children's Infectious Diseases

Protocol № 1 from "01" September 2020

Doc.Med.Sc., professor O.O. Goncharuk



Kyiv 2020

1. general information	
Subjects	Physical rehabilitation, sports medicine
Teacher (s)	Rushay A. K.
Teacher's contact phone number	+38(099)904- 24-45
Teacher's e-mail	Annushka772@gmail.com
Discipline format	Normative discipline
The scope of discipline	30
Link to the distance learning site	
Consultations	During the semesters in accordance with graphics
2. Discipline abstract	
<p>"Physical rehabilitation and sports medicine" as an educational discipline is the use of physical exercises and natural factors in the complex process of restoring health, physical condition and performance of patients and disabled with medical and preventive purposes. It is an integral part of medical rehabilitation and applies to all its periods and stages. Physical rehabilitation is used in social and professional rehabilitation. Its means are: therapeutic physical culture and massage, physiotherapy, mechanotherapy, etc. Appointment of physical rehabilitation agents, the sequence of application of its forms and methods is determined by the nature of the disease, the general condition of the patient, the period and the recovery stage, motor regime. Sport medicine is a clinical discipline that studies the positive and negative impact of physical activity of different intensity (from hypo to hyperdiamen) on the body of a healthy and patient person. Sport medicine contributes to the rational use of physical culture and sports for harmonious human development, strengthening its health, increase of general and special performance, prevention of diseases.</p>	
3. The purpose and objectives of the discipline	
<p><i>The purpose of studying the discipline " Physical rehabilitation, sports medicine ":</i></p>	
<p>The purpose of studying "physical rehabilitation and sports medicine" is the formation of skills to conduct a medical examination of various categories of the population to solve the issues of admission to exercise physical rights, identifying the optimal dose of physical activity and assessing their effectiveness and acquisition of knowledge students about the most effective means of physical culture and others. Physical factors that are used for early returns of patients and invalids to household and labor processes, as well as to prevent or eliminate complications of the pathological process.</p> <p>The main task of studying sports medicine is that on the basis of fundamental knowledge gained in the process of passing medical, biological and clinical disciplines, to give students the necessary knowledge, skills and skills for the use of basic forms, means and methods of sports medicine in their future practical activities.</p>	
4. Learning outcomes (competencies)	
<p>As a result of studying the discipline " Physical rehabilitation, sports medicine "</p> <p>KNOW:</p>	
<ul style="list-style-type: none"> • 1. Have an idea of sports medicine, to know its purpose and main tasks. • 2. Understand the importance of medical (medicinal) control with health and sports training. • 3. Analyze the data of a comprehensive medical examination with the definition of physical development, functional abilities and the health of the surveyed persons. • 4. Give recommendations for choosing the most optimal type of exercise, recreational and training motor regimes depending on the physical condition. • 5. To interpret the changes in the basic physiological systems under the influence of physical loads of different intensity. • 6. Know the reasons for the occurrence of pre-encompatal and pathological conditions, as well as risk factors of sudden death with irrational classes with physical culture and sports. 	

- 7. Know and carry out diagnosis of acute and chronic physical overvoltage, as well as other diseases and injuries arising from inadequate physical activity; possess methods of urgent care and treatment of acute and chronic physical overvoltage.
- 8. Give recommendations for medical and biological and other means of prevention of overthrown and restoration of physical capacity for health training and in modern sports.

BE ABLE TO:

- To interpret the concept of "rehabilitation". Know the purpose, tasks and main directions (aspects) of rehabilitation.
- 2. Have an idea of "physical rehabilitation", to determine its purpose, tasks, fixed assets and methodological principles.
- 3. Understand the value of FR for a faster recovery of health, violated functions and performance of patients, improving the quality of their lives, prevention or elimination of the consequences of the pathological process.
- 4. Know the definition and features of the method of therapeutic physical education as the main means of FR, to explain the mechanisms of therapeutic effects of physical exercises and massage on the body, understand the basic principles of selection and dosage of physical activity.
- 5. Know optimal modes of motor activity for the appointment of patients on stationary, outpatient-polyclinic and sanatorium-resort stages of reducing treatment, their tasks and content, depending on the period FR.
- 6. Know the main tasks, features of certain methods of LFC and special exercises in the pathology of internal organs, diseases and damage to the nervous system, injuries and diseases of the musculoskeletal system, with surgical interventions, as well as in obstetric and gynecological practice and pediatrics.
- 7. Know the provision of a diverse profile of recommendations for independent exercises on the direction of a doctor, with an explanation of self-control characteristics during classes.
- 8. Know how to evaluate the effectiveness of physical rehabilitation in the process of reducing treatment.

5. Organization of the study of the discipline

The volume of the course

<i>Type of lesson</i>	<i>Total number of hours</i>	<i>30</i>
Lectures		4
Seminars		16
Independent work		10

Signs of the course

Semester	Specialty	Course (year of study)	Normative / selective
VIII	221 Dentistry	4	Normative

Course topics

Theme, plan	Form of employment	literature	Tasks, hours	Estimation weight	Deadline

Significant module 1..

Topic 1. Modern ideas about sports medicine and physical rehabilitation. Medical control in the process of exercise exercises. Methodology of a comprehensive medical examination. Definition and evaluation of physical development.	practical	1- 9, 14,1 8	1 hour	6,7	According to the schedule
---	-----------	--------------------	--------	-----	---------------------------

Topic 2. Research and evaluation of the functional state of the body with the help of functional samples.	practical	1-9,12,16	1hour	6,7	According to the schedule
Topic 3. Quantitative assessment of human physical health. Medicinal conclusion. Admission to exercise physical culture and sports, individual motor regimes during wellness and sports training.	practical	1-22	1hour	6,7	According to the schedule
Topic 4. Definition and evaluation of physical performance, aerobic productivity and tolerance to physical activity	practical	1-16,19	1hour	6,7	According to the schedule
Topic 5. Preferential and pathological conditions, diseases and damage arising from inappropriate exercises with physical culture and sports. Problems of doping in sports.	practical	1-22	1hour	6,7	According to the schedule
Topic 6. Medical and pedagogical control in the process of exercises. Means of recovery and stimulation with health and sports training.		1-22	1hour	6,7	
Point module 2.					
Topic 7. General bases of physical rehabilitation. Therapeutic physical education.	practical	1-10,18,17	1hour	6,7	According to the schedule
Topic 8. Physical rehabilitation in the clinic of internal diseases.	practical	1-16,18	1hour	6,7	According to the schedule
Topic 9. Physical rehabilitation in diseases and injuries of the nervous system.	practical	1-12,19	1hour	6,7	According to the schedule
Topic 10. Physical rehabilitation in surgery, traumatology and orthopedics.	practical	1-22	1hour	6,7	According to the schedule
Topic 11. Features of the use of physical rehabilitation agents in obstetrics and gynecology.	practical	1-15,17,20	1hour	6,7	According to the schedule
Topic 12. Features of physical education of babies. Physical rehabilitation of sick young children.	practical	1-22	1hour	6,7	According to the schedule
Final control of the assimilation of the module "Physical rehabilitation, sports medicine"			1hour	80	According to the schedule
6. Course evaluation system					
General course evaluation system					

Current control is based on the control of theoretical knowledge, skills and abilities in practical classes. The student's independent work is assessed in practical classes and is part of the final assessment of the student. Current control is carried out during classes and aims to verify the assimilation of students' learning material. Forms of current control are:

- a) test tasks with the choice of one correct answer, with the definition of the correct sequence of actions, with the definition of compliance;
- b) individual oral examination, interview;
- c) solving typical situational problems;
- d) control of practical skills;

e) solving typical tasks of diagnosis, medical care, medical evacuation, treatment and prevention.

Grades in the national scale ("excellent" - 5, "good" - 4, "satisfactory" - 3, "unsatisfactory" - 2), received by students, are displayed in the journals of attendance and academic group performance.

Final control of learning success is carried out in the form of diff. credit (oral and test tasks).

The maximum number of points that a student can score for current educational activities for admission to the PC is 120 points.

The minimum number of points that a student must score for the current academic activity for admission to the exam is 72 points. The calculation of the number of points is based on the grades obtained by the student on the traditional (national) scale during the study of the discipline during the semester, by calculating the arithmetic mean (CA), rounded to two decimal places.

Assessment of students' independent work. Students' independent work, which is provided by the topic of the lesson along with the classroom work, is assessed during the current control of the topic in the relevant lesson. Assimilation of topics that are submitted only for independent work is checked during the final module control.

Table 1. Conversion of the average grade for current activities in a multi-point scale (for disciplines that end with an exam (differentiated credit))

4-point scale	120-point scale	4-point scale	120-point scale	4-point scale	120-point scale	4-6point scale	120-point s
5	120	4,45	107	3,91	94	3,37	81
4,95	119	4,41	106	3,87	93	3,33	80
4,91	118	4,37	105	3,83	92	3,29	79
4,87	117	4,33	104	3,79	91	3,25	78
4,83	116	4,29	103	3,74	90	3,2	77
4,79	115	4,25	102	3,7	89	3,16	76
4,75	114	4,2	101	3,66	88	3,12	75
4,7	113	4,16	100	3,62	87	3,08	74
4,66	112	4,12	99	3,58	86	3,04	73
4,62	111	4,08	98	3,54	85	3	72
4,58	110	4,04	97	3,49	84	Less 3	Not enough
4,54	109	3,99	96	3,45	83		
4,5	108	3,95	95	3,41	82		

The maximum number of points that a student can score during the final control of the student's acquisition of knowledge is 80 points.

Table 2. Scale of assessment of differentiated (exam) credit:

National scale	Score scale
«5»	70-80
«4»	60-69
«3»	50-59

Assessment of the final control is considered credited if the student scored at least 60% of the maximum amount of points (for a 200-point scale - at least 50 points).

The final number of points that the student scored in the discipline is defined as the sum of points for the current educational activity (Table 1) and for the final control (differentiated credit) (Table 2).

Require
ments for
final test
control

The final test control is credited to the student if he demonstrates the possession of practical skills and scored at least 50 points in the test control of theoretical training.

The maximum number of points for the final control of the student (differential test) - 80 points.

Criteria for assessing students for final control are carried out according to the scheme:

	<p>"2" - 0-49 points; "3" - 50-60 points; "4" - 61-70 points "5" - 71 - 80 points</p> <p>Assessment of the final test task is carried out by dividing the maximum score of the final control - 80 - by the number of test questions in the variant and multiplied by the number of correct test answers of the student.</p>
Practical training	Module 1
Classroom work (Content module 1)	
T 1-11	Amount - 200 (The maximum number of points that a student can score for the current educational activity, the minimum is 120 points).
Control work	0
Test	20
Working in pairs	30
Abstract	50
Conditions of admission to the final control	Semester control is provided in the form of credit. Provides a final grade on a 200-point scale as the sum of grades for the current control of knowledge (oral examination, tests, examination of abstracts), the results of the content module.
7. The policy of studying the discipline	
<p>The organization of the educational process is carried out with the use of the European Credit Transfer System (ECTS) to assess student performance. The points gained in the current survey, independent work and points of the final control are credited. This must take into account the student's presence in class and his activity during practical work. Inadmissible: absences and late classes; use of a mobile phone, tablet or other mobile devices during the lesson (except for the cases provided by the curriculum and methodical recommendations of the teacher); copying and plagiarism; untimely performance of the task, the presence of unsatisfactory assessments and more submitted theoretical and practical material.</p>	
8. Recommended literature	
Basza:	<ol style="list-style-type: none"> 1. Physical rehabilitation, sports medicine: a tutorial for studs. Higher honey. Teach. institutions / VV Abramov, VV Klapchuk, O. B. Nechanevich [et al.] ed. Professor VV Abramov and associate professor O. L. Smirnova. - Dnipropetrovsk, Journal, 2014. - 456 p.: il. 79. 2. Therapeutic physical education and sports medicine: Selected lectures for students / [Abramov VV, Klapchuk VV, Smirnova O. L. et al.]; ed. Prof. V.V. Klapchuk. - Dnipropetrovsk: Medacademy, 2006. - 179 p. 3. Therapeutic physical education and sports medicine: test tasks for monitoring the knowledge of students of medical and dental faculties of higher medical educational institutions of IIU Accreditation levels: Tutorial / [Abramov VV, Klapchuk VV, Magla AV, and others]; ed. Prof. V.V. Klapchuk and prof. AV Maggered. - Dnipropetrovsk: Medacademy, 2006. - 124 p.12. V.F.Viluch, MS Skrypnikov, VI Shepitko, I.R.Kens. Atlas of surgical anatomy of blood vessels of the head and neck. Kyiv, Higher School, 1998.

	<p>13. Bernard C. Illustrated MANUAL OF Operative Surgery and Surgical Anatomy. - 1991.</p>
<p>Auxiliary:</p>	<p>Belaya N. A. Lechebna Physics and Massage: Textile Methods for Medical WorksForMedical Labels / Belaya N. A. - M.: Soviet Sports, 2001. - 272 p.</p> <p>5. Graevskaya N. D. Sports Medicine: A course of lectures and practical remedies. Teaching score / Graevskaya N. D., Dolmatova T. I. - M.: Soviet Sports, 2004. - 304 p.</p> <p>7. Epifanov V A. Lechebna Physical Culture: Wellness / V. A. Epifanov. - 2nd ed. the age. and DOP. - M.: Medicine, 2001. - 592 p.</p> <p>8. Makarova G. A. Sport medicine: [Tizard] / Makarova G. A. - M.: Sovets Sports, 2003. - 480 p.</p> <p>9. Marchenko O. K. Physical rehabilitation of patients with injuries and diseases of the nervous system: tutorial / Marchenko O. K. Kiev: Olympic literature, 2006. - 196 p.</p> <p>10. Medical rehabilitation in Sports: Maintriculture for students and measures / [Society V. N., Kazakov V. N., Palazhnaya E. S. IR.]; Ed. V. N. Sokrutov, V. N. Kazakov. - Donetsk: "Chestnut", 2011. - 620 p.</p> <p>11. Mukhin V.M. Physical rehabilitation / Mukhin V.M. - Edition Third, processed and supplemented. - K.: Olympic literature, 2009. - 488 p.</p> <p>12. Peshkova O. V. Physical rehabilitation in diseases of internal organs: Tutorial / O. Peshkov. - Kharkiv: SPDFU, 2011. - 312 p.</p> <p>13. Polyansky O. S. Fundamentals of Rehabilitation, Physiotherapy, Therapeutic Physical Culture and Massage / Ed. V.V. Klapchuk, O. S. Polyanskaya. - Chernivtsi: Prut, 2006. - 208 p.</p> <p>14. Romanchuk O.P. Medical and pedagogical control in wellness physical culture: teaching method. / O.P. Romanchuk. - Odessa: Publisher Bucaev Vadim Viktorovich, 2010. - 206 p.</p> <p>15. Sokolovsky V. S. Therapeutic Physical Culture: [Textbook] / V. S. Sokolovsky, N. O. Romanova, O.P. Yushkovskaya. - Odessa: Odessa. state. honey. UN-</p>

	<p>T, 2005. - 234 p. - (a medical library).20. M.P.Kovalsky, O. B.Kobzar. Educational and methodological materials for preparation for the final control of knowledge and skills at the Department of Operational Surgery and Topographic Anatomy (for the Faculty of Medical Faculty). - K., Stylos, 1999-2004. - Edition 1-5. - 79 p.</p> <p>21. AGPopov, V.K.Krasnitsky, you. Gorovenko. Technical assessment "test task" on the course of operational haircuts and topographic anatomy. Odessa, 2004. - 120 p.</p> <p>22. V.V.Kenov, T.I.Annikova, I.A.Sychenikov. Course of lection on operative hirurgery and topographic anatomy. M., 1972.</p>
--	--

Senior lecturer of the department

A handwritten signature in black ink, consisting of stylized, overlapping loops and lines, positioned above a horizontal line.