**THEMATIC PLAN LECTURES ON PHYSICAL REHABILITATION AND SPORTS MEDICINE FOR STUDENTS 4 COURSES OF MEDICAL FACULTY**

***MODUL 1.* PHYSICAL REHABILITATION AND SPORTS MEDICINE**

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| **№** | **Theme** | **Number of hours** |
| ***1. Medical control during by a physical culture and sport*** | | |
| 1. | Modern ideas of sports medicine. Concept about medical control. Modern methods of examination of athletes and sportsmen. | 2 |
| 2. | Estimation of functional abilities of organism of the man by functional tests. | 2 |
| 3. | Physical capacity and its connection with the indexes of health. | 2 |
| ***2. Estimation of influence of the physical loadings of different intensity on the organism of the man*** | | |
| 4. | Prepathological conditionand diseases during irrational engaging by a physical culture and sport. concept about stimulants. | 2 |
| ***3. The general principles of the physical rehabilitation. Physical rehabilitation at diseases of internal organs.*** | | |
| 5. | General bases of physical rehabilitation and medical massage. | 2 |
| 6. | Physical rehabilitation at the diseases of the cardiovascular system. | 2 |
| 7. | Physical rehabilitation at the diseases respiratory organs , digestive system, kidney disease and metabolic disturbances. | 2 |
| ***4. Physical rehabilitation in surgery, traumatology and orthopedics.*** | | |
| 8. | Physical rehabilitation in surgery, traumatology and orthopedics. | 2 |
| ***5. Physical rehabilitation at the diseases*** ***and traumas of the nervous system*** | | |
| 9. | General bases of physical rehabilitation at the diseases and traumas of the central and peripheral nervous system. | 2 |
| ***6. Application of means of physical rehabilitation in pediatrics and obstetric-gynecological practice*** | | |
| 10. | General bases application of means of physical rehabilitation in pediatrics and obstetric-gynecological practice | 2 |
| **ALL HOURS:** | | **20** |

**THEMATIC PLAN OF PRACTICAL LESSONS ON PHYSICAL REHABILITATION AND SPORTS MEDICINE FOR STUDENTS 4 COURSES OF MEDICAL FACULTY ON2011– 2012 SCHOOL YEAR**

***MODUL 1.* PHYSICAL REHABILITATION AND SPORTS MEDICINE**

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| **№** | **Theme** | **Number of hours** |
| ***1. Medical control during by a physical culture and sport*** | | |
| 1.  2. | Main tasks and content of medical control.  Modern methods of examination of athletes and sportsmen.  Methods of complex medical examination. Estimation and evaluation of physical development of human. | 4 |
| 3.  4. | Research and estimation of the functional state cardiovascular, respiratory and vegetative nervous system by functional tests.  Analyses of results of complex medical examination. Medical conclusion. | 4 |
| 5.  6. | Estimation and evaluation general physical capacity and aerobic productivity. Tolerance to the physical loadings.  Quantitativeestimation of physical health of man level. Make up of the individual athletic-health modes. | 2 |
| 2 |
| ***2. Estimation of influence of the physical loadings of different intensity on the organism of the man*** | | |
| 7. | General characteristic of influence of the physical loadings of different intensity on the organism of the man. | 2 |
| 8. | Prepathological conditionand diseases during irrational engaging by a physical culture and sport. concept about stimulants. | 2 |
| 9. | Methods of recovering and stimulation at the health and sports training. | 2 |
| ***3. The general principles of the physical rehabilitation. Physical rehabilitation at diseases of internal organs.*** | | |
| 10. | General bases of physical rehabilitation. | 2 |
| 11. | Bases medical massage. | 2 |
| 12. | Physical rehabilitation at the diseases of the cardiovascular system. | 2 |
| 13. | Physical rehabilitation at the diseases respiratory organs , digestive system, kidney disease and metabolic disturbances. | 2 |
| ***4. Physical rehabilitation in surgery, traumatology and orthopedics.*** | | |
| 14. | Physical rehabilitation at operative interferences on the organs of pectoral and abdominal regions. | 2 |
| 15. | Physical rehabilitation in surgery, traumatology and orthopedics. | 2 |
| ***5. Physical rehabilitation at the diseases*** ***and traumas of the nervous system.*** | | |
| 16. | General bases of physical rehabilitation at the diseases and traumas of the central nervous system. | 2 |
| 17. | General bases of physical rehabilitation at the diseases and traumas of the peripheral nervous system. | 2 |
| ***6. Application of means of physical rehabilitation in pediatrics and obstetric-gynecological practice.*** | | |
| 18. | Pecularities of physical education of infants. Physical rehabilitation of sick children of early age. | 2 |
| 19. | Pecularities of application of means of physical rehabilitation in obstetrics and gynecology. | 2 |
| 20. | Final control of mastering the module “Physical rehabilitation and sports medicine” | 2 |
| **ALL HOURS:** | | **40** |

**THEMATIC PLAN LECTURES ON PHYSICAL REHABILITATION AND SPORTS MEDICINE FOR STUDENTS 4 COURSES OF MEDICAL FACULTY**

**ON 2014– 2015 SCHOOL YEAR**

***MODUL 1.* PHYSICAL REHABILITATION AND SPORTS MEDICINE**

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| **№** | **Theme** | **Number of hours** |
| ***1. Medical control during by a physical culture and sport*** | | |
| 1. | Modern ideas of sports medicine. Concept about medical control. Modern methods of examination of athletes and sportsmen. | 2 |
| 2. | Estimation of functional abilities of organism of the man by functional tests. | 2 |
| 3. | Physical capacity and its connection with the indexes of health. | 2 |
| ***2. Estimation of influence of the physical loadings of different intensity on the organism of the man*** | | |
| 4. | Prepathological conditionand diseases during irrational engaging by a physical culture and sport. concept about stimulants. | 2 |
| ***3. The general principles of the physical rehabilitation. Physical rehabilitation at diseases of internal organs.*** | | |
| 5. | General bases of physical rehabilitation and medical massage. | 2 |
| 6. | Physical rehabilitation at the diseases of the cardiovascular system. | 2 |
| 7. | Physical rehabilitation at the diseases respiratory organs , digestive system, kidney disease and metabolic disturbances. | 2 |
| ***4. Physical rehabilitation in surgery, traumatology and orthopedics.*** | | |
| 8. | Physical rehabilitation in surgery, traumatology and orthopedics. | 2 |
| ***5. Physical rehabilitation at the diseases*** ***and traumas of the nervous system*** | | |
| 9. | General bases of physical rehabilitation at the diseases and traumas of the central and peripheral nervous system. | 2 |
| ***6. Application of means of physical rehabilitation in pediatrics and obstetric-gynecological practice*** | | |
| 10. | General bases application of means of physical rehabilitation in pediatrics and obstetric-gynecological practice | 2 |
| **ALL HOURS:** | | **20** |

**THEMATIC PLAN OF PRACTICAL LESSONS ON PHYSICAL REHABILITATION AND SPORTS MEDICINE FOR STUDENTS 4 COURSES OF MEDICAL FACULTY ON2011– 2012 SCHOOL YEAR**

***MODUL 1.* PHYSICAL REHABILITATION AND SPORTS MEDICINE**

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| **№** | **Theme** | **Number of hours** |
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| 3.  4. | Research and estimation of the functional state cardiovascular, respiratory and vegetative nervous system by functional tests.  Analyses of results of complex medical examination. Medical conclusion. | 4 |
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| 2 |
| ***2. Estimation of influence of the physical loadings of different intensity on the organism of the man*** | | |
| 7. | General characteristic of influence of the physical loadings of different intensity on the organism of the man. | 2 |
| 8. | Prepathological conditionand diseases during irrational engaging by a physical culture and sport. concept about stimulants. | 2 |
| 9. | Methods of recovering and stimulation at the health and sports training. | 2 |
| ***3. Thegeneralprinciplesofthe physical rehabilitation. Physical rehabilitation at diseases of internal organs.*** | | |
| 10. | General bases of physical rehabilitation. | 2 |
| 11. | Bases medical massage. | 2 |
| 12. | Physical rehabilitation at the diseases of the cardiovascular system. | 2 |
| 13. | Physical rehabilitation at the diseases respiratory organs , digestive system, kidney disease and metabolic disturbances. | 2 |
| ***4. Physical rehabilitation in surgery, traumatology and orthopedics.*** | | |
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| ***5. Physical rehabilitation at the diseases*** ***and traumas of the nervous system.*** | | |
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| 19. | Pecularities of application of means of physical rehabilitation in obstetrics and gynecology. | 2 |
| 20. | Final control of mastering the module “Physical rehabilitation and sports medicine” | 2 |
| **ALL HOURS:** | | **40** |