

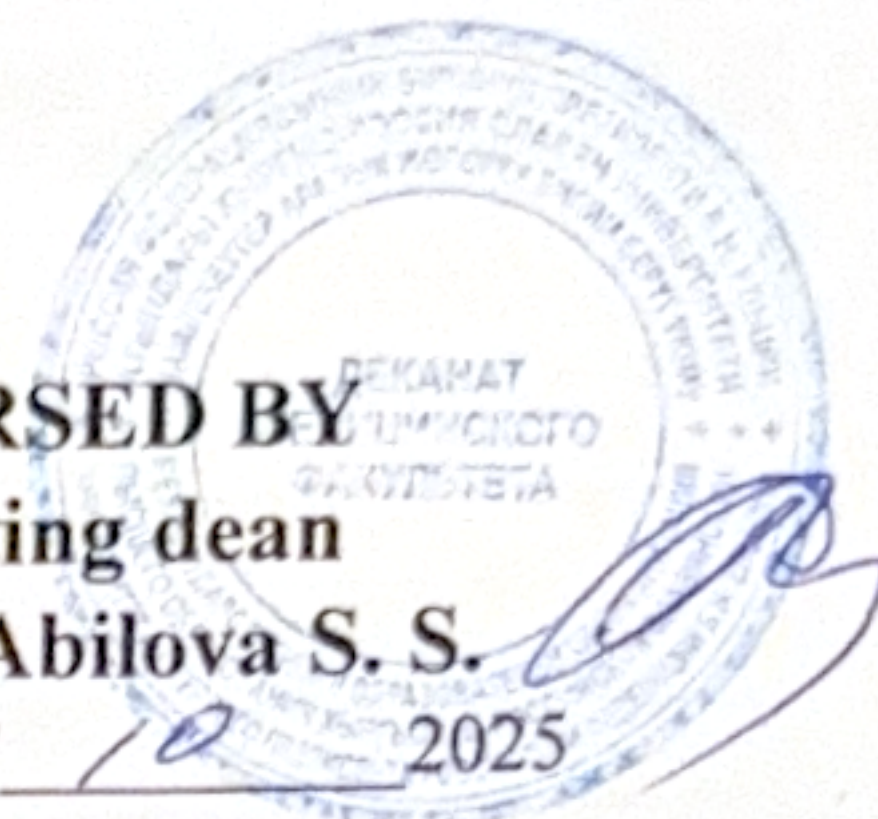
**MINISTRY OF EDUCATION AND SCIENCE OF THE KYRGYZ
REPUBLIC**

**Government-run Educational Institution of Higher Professional Education
Kyrgyz-Russian Slavic University**

ENDORSED BY
the acting dean

Abilova S. S.

“ 23 ” 10 2025



Sports medicine
Course Outline (Module)

Assigned to the department of

Medical rehabilitation

Academic Curriculum

560001_24_2 LDi.pli.xml

560001KR- General Medicine (for foreign students)

Qualification

Specialist

Mode of Study

Intramural

The Course outline developed by: cbs, docent Saralinova G.M., Buneeva Y. V.

Course Hours Scheduling (per semester)				
Semester Academic Year	9 (5.1)		Total	
Weeks	17			
Type of Training	AC	CO	AC	CO
Lectures	16	16	16	16
Practical Session	16	16	16	16
Contact work	0,3	0,3	0,3	0,3
Including Interactive	2	2	2	2
Total In-class Session	32	32	32	32
Face-to-face Work	32,3	32,3	32,3	32,3
Individual Work	39,7	39,7	39,7	39,7
Total	72	72	72	72

1. COURSE OUTLINE OBJECTIVES

1.1 Formation of knowledge, skills and abilities to assess physical development and functional the state of the body of people and adolescents involved in physical education and sports, for a rational the use of physical training in sports and physical education.

2. PLACE OF THE COURSE IN THE EDUCATIONAL PROGRAM

Educational Program Units:	B1. B
2.1	Students' Preliminary Training Requirements:
2.1.1	Hospital therapy
2.1.2	Traumatology orthopedics
2.1.3	Hospital surgery
2.1.4	Clinical biochemistry
2.1.5	Neurology, medical genetics, neurosurgery
2.1.6	Pathological anatomy
2.1.7	Pathophysiology, clinical pathophysiology
2.1.8	Topographic anatomy and operative surgery
2.1.9	Biochemistry
2.1.10	Normal physiology
2.1.11	Anatomy
2.1.12	Hospital Pediatrics
2.1.13	Faculty Pediatrics, Endocrinology
2.1.14	Infectious diseases
2.2.	Course Units and Practical Sessions imposing the prior Proficiency
2.2.1	Knowledge of this discipline will help the student to prescribe adequate physical activity and correctly give recommendations for choosing a kind of sport

3. STUDENTS' COMPETENCIES RESULTING FROM THE COURSE UNIT (MODULE)

PC-5 Capable and ready to: conduct and interpret the survey, physical examination, clinical examination, results of modern laboratory and instrumental studies, write a facial card outpatient and inpatient adult and child

Knowledge:

Level 1	- Fundamentals of medical control over for athletes and sportsman - Methods and means of monitoring the health status of people involved in physical education or sports.
Level 2	- Methods for assessing the level of physical development of athletes and athletes. - Definition, purpose, classification and interpretation of functional tests.
Level 3	- Classification and characteristics of the most common diseases in athletes.

Skills:

Level 1	- Assign basic and additional research methods.
Level 2	- Assess anthropometric indicators using the index method.
Level 3	- Draw up a medical opinion and determine the medical group.

Final Students' Competences

3.1	Knowledge:
3.1.1.	Fundamentals of medical control over young athletes and people involved in physical education and sports.
3.1.2	Mechanisms of the influence of physical activity on the formation of the body of a sportsmen.
3.1.3	The complex of functional and morphological properties of an organism that determine its physical legal capacity.
3.1.4	Methods for assessing the level of physical development and recommendations for choosing the optimal motor mode for a sportsmen.
3.1.5	Criteria for allocation to medical groups, terms of exemption from physical education or sports after various diseases and injuries.
3.1.6	Fundamentals of medical supervision in training sessions and competitions.
3.1.7	Indications and contraindications for sports and physical education.
3.1.8	Features of sports injuries and pathological conditions in in athletes, preventive measures.
3.1.9	Modern means of restoring physical performance.
3.1.10	Requirements of sanitary and hygienic supervision to the places of training and competitions.
3.1.11	The principles of the organization of medical and physical training service.
3.2	Skills:
3.2.1	Determine the goals and objectives of physical education, sports and physical culture and fitness training for harmonious personality development and health promotion.
3.2.2	Conduct a comprehensive medical examination (assess physical development, functional state, collect and evaluate an anamnesis of physical activity) in order to prescribe the necessary regime of physical workouts.
3.2.3	Apply modern methods, techniques, technical means of sports medicine.
3.2.4	Conduct a comprehensive assessment of the physical condition, draw up a medical report and distribute to medical groups for physical education or sports.
3.2.5	Use the knowledge gained to form a healthy lifestyle among the population and the need for regular physical education and sports activities.
3.2.6	Justify the optimal training and competition regimen and correct the training process.
3.2.7	To assess the effect of physical exercises on the body of those involved, taking into account age, gender, functional opportunities and health conditions
3.2.8	To carry out the prevention of pre-pathological conditions and overloads in young athletes and health improving physical culture.
3.2.9	Use the knowledge gained about the requirements of sanitary and hygienic supervision for young athletes, places conducting trainings and competitions.
3.3	Expertise:
3.3.1	Skills in conducting medical and pedagogical observations.
3.3.2	Physical development research methods (somatoscopy, anthropometry).
3.3.3	Methods for assessing physical development (indices, standards, correlation).

3.3.4	The technique of carrying out functional tests to assess the state of the main body systems (cardiovascular, respiratory and vegetative).
3.3.5	Skills of drawing up a medical control card of an athlete or sportsman.
3.3.6	Tactics of prescribing adequate physical activity, taking into account the individual characteristics of the athlete and health conditions.
3.3.7	Methods and means of monitoring the health status of people involved in physical culture and sports.
3.3.8	Skills in prescribing rehabilitation programs for illness or injury.
3.3.9	Methods for the prevention of pre-pathological conditions in in a recreational athlete or sportsman.
3.3.10	By means of agitation and propaganda work to attract the population to physical education and sports.