# Sports medicine

## Prof. Vincenzo Santoriello

***COURSE AIMS AND INTENDED LEARNING OUTCOMES***

## Teaching aims to provide students, with the Bachelor's Degree, with the basic elements of medicine and traumatology as applied to various sports activities, enabling them to teach their correct practice, preventing and recognising in a timely manner any damage or disease caused to the body by the activity itself.

***COURSE CONTENT***

Keynotes on applied physiopathology in sport

– Sport and the cardiovascular system

\* Criteria for assessing the suitability or non-suitability of sport in a heart disease patient.

\* Syncope: causes, mechanisms, differential diagnosis.

\* Sudden death in sport: epidemiology, causes, criteria for prevention.

\* Cardiorespiratory arrest: elementary keynotes on first-aid assistance.

– Sport and diseases of the respiratory system (asthma, spontaneous pneumothorax).

– Sport and metabolic diseases (diabetes, metabolic syndrome).

– Sport and the haemolymphopoietic system (sports “anaemia”, sport and diseases of the blood, sport and the immune defence system).

Sports trauma

– Basic knowledge of orthopaedics and traumatology.

– Acute lesions (fractures, dislocations, sprains).

– Lesions resulting from chronic overload (sports pathologies).

Acute fatigue and syndrome of overtraining

Doping

– Ethical and normative aspects.

– Principal doping drugs and methods: effects on performance, short- and long-term negative effects on the system.

***READING LIST***

A. Ferretti, *Traumatologia dello sport,* CESI Publ., Rome, 1996.

P. Zeppilli-V. Palmieri- M. Bianco-S.Gervasi-V. Santoriello, *Manuale di Medicina dello Sport con elementi di Traumatologia e Pronto Soccorso per gli studenti nei corsi di Laurea Triennale in “Scienze delle Attività Motorie e Sportive” e magistrale in “Scienze e Tecniche delle Attività Motorie Preventive e Adattate”,* CESI, Roma, 2020, 4ª ed.

***TEACHING METHOD***

Lectures accompanied by explanatory slides, with ample opportunities for interaction between the lecturer and students

***ASSESSMENT METHOD AND CRITERIA***

Final evaluation will be an oral exam, with questions related to the whole course content covered in class. To pass the exam, the student will first have to comprehensively answer questions on a topic (the same for everybody) that will be made known well in advance, during the initial lectures of the academic year. In addition, he/she will have to answer with sufficient completeness at least to the questions of the Lecturer on three topics of his/her (the student's) choice. After assessing the quality of the answers given, the lecturer may ask additional questions (chosen by the lecturer himself) to more accurately decide on the final mark.

***NOTES AND PREREQUISITES***

*Prerequisites*

The student will have to be endowed with basic knowledge of anatomy and physiology, preparatory teachings to support the final evaluation of the course.

Further information can be found on the lecturer's webpage at http://docenti.unicatt.it/web/searchByName.do?language=ENG or on the Faculty notice board.