

**Program of Study** : General Medicine  
**Course** : **Exercise Medicine**  
**Abbreviation** : **TVL/VA042**  
**Schedule** : 13 hours of lectures  
5 hours of excursion  
13 hours of exercises  
**Course Distribution** : 4th year, 7th and 8th semester  
**Number of Credits** : 1  
**Course Form** : Seminars, exercises  
**Excursion** : 27. 1. 2023  
10. 2. 2023

**Seminars, practicals:**

**Teachers :** prof. MUDr. E. Sovová, Ph.D., MBA, MUDr. J. Malinčíková, Ph.D., prof. MUDr. Mgr. A. Bulava, Ph.D, MUDr. M. Sovová, MUDr. K. Moravcová, Mgr. B. Imrichová, Mgr. M. Mikulášková, MUDr. O. Masný

**Study :** Block, Medical fakulty, Department of sports medicine

- 30. 1. – 2. 2. 2023
- 6. 2. – 9. 2. 2023
- 13. 2. – 16. 2. 2023
- 20. 2. – 23. 2. 2023

<b>Monday</b>				
8.30-9.15	30. 1. TD-2.521 6. 2. TD-2.520 13. 2. TD-2.520 20. 2. TD-2.521	Reaction and adaptation on the load	S	Sovová/ Bulava
9.15-10.00	30. 1. TD-2.521 6. 2. TD-2.520 13. 2. TD-2.520 20. 2. TD-2.521	Exercise testing, ECG	S	
10.15-11.00	30. 1. TD-2.521 6. 2. TD-2.520 13. 2. TD-2.520 20. 2. TD-2.521	Exercise testing, ECG	S	
11-11.45	30. 1. TD-2.521 6. 2. TD-2.520 13. 2. TD-2.520 20. 2. TD-2.521	Sudden death in sport	S	
12.15-13.00	Department of sports medicine	Assesment of body composition	P	Moravcová/ Bc. Sekaninová/ Mgr. Pospíšilová
13.00-14.45		Assesment of body composition	P	

<b>Tuesday</b>				
9.00-9.45	31. 1. TD-2.521 7. 2. TD-2.520 14. 2. TD-2.521 21. 2. TD-2.521	Regeneration in sport, sport's traumatology	S	Malinčíková/
9.45-10.30	31. 1. TD-2.521 7. 2. TD-2.520 14. 2. TD-2.521 21. 2. TD-2.521	Regeneration in sport, sport's traumatology	S	
10.45-11.30	31. 1. TD-2.521 7. 2. TD-2.520 14. 2. TD-2.521 21. 2. TD-2.521	Diving, Extreme condition in sport	S	
12.00-14.30	Department of sports medicine	Physiotherapy	P	Imrichová/ Mikulášková

<b>Wednesday</b>				
8.30-9.15	1. 2. TD-2.521 8. 2. TD-2.518 15. 2. TD-2.521 22. 2. TD-2.521	Basic principles of nutrition	S	Ožana
9.15-11.00	1. 2. TD-2.521 8. 2. TD-2.518 15. 2. TD-2.521 22. 2. TD-2.521	Practical training in dietary prescription	S	
11.00-11.45	1. 2. TD-2.521 8. 2. TD-2.518 15. 2. TD-2.521 22. 2. TD-2.521	Prescription of physical activity	P	
12.45-13.30	Department of sports medicine	Exercise testing/ Prescription of exercise	P	Ožana/ Moravcová
13.45-14.30		Exercise testing/ Prescription of exercise	P	

<b>Thursday</b>				
8.30-9.15	2. 2. TD-2.518 9. 2. TD-2.518 16. 2. TD-2.518 23. 2. TD-2.518	Sports training, basic principles	S	Jelínek
9.15-10.00	2. 2. TD-2.518 9. 2. TD-2.518 16. 2. TD-2.518 23. 2. TD-2.518	Sports training, basic principles	S	
10.15-11.00	2. 2. TD-2.518 9. 2. TD-2.518 16. 2. TD-2.518 23. 2. TD-2.518	Practical demonstration of sports games	P	
11.00-11.45	2. 2. TD-2.518 9. 2. TD-2.518 16. 2. TD-2.518 23. 2. TD-2.518	Practical demonstration of sports games	P	
12.45-13.30	Department of sports medicine	Regeneration in practical point	S	Masný/Sovoá E.
13.45-14.30		Prescription of exercise	P	
14.30-15.15		Prescription of exercise	P	

**Completed by:** Examination – MOODLE

**Authorized absence and compensation:**

Reasonable excuse addressed to prof. Sovova, with a copy  
at the secretariate of the clinic

Compensation possible with another group (upon agreement)

**Requirements:** Attendance at seminars and practicals + case report (nutrition, doping)

**Literature:**

1. Bruckner P., Kuan K. et al.: Clinical Sports Medicine, 3-rd edition, 2010
2. Beam WC, Adams GM. Exercise physiology. Mc Graw Hill. 6 th Edition. 2011
3. Mc Ardle WD. Exercise physiology. Wolters Kluwer 2013.

**White coats and slippers!!! Sportwear!!!**