



UNIVERSITÀ DEGLI STUDI DI PALERMO

DEPARTMENT	Scienze Psicologiche, Pedagogiche, dell'Esercizio Fisico e della Formazione		
ACADEMIC YEAR	2017/2018		
MASTER'S DEGREE (MSC)	SCIENCE OF PREVENTIVE AND ADAPTED PHYSICAL ACTIVITY AND SPORT PERFORMANCE		
INTEGRATED COURSE	SPORTS MEDICINE - INTEGRATED COURSE		
CODE	09424		
MODULES	Yes		
NUMBER OF MODULES	3		
SCIENTIFIC SECTOR(S)	MED/09, MED/33, MED/42		
HEAD PROFESSOR(S)	LO PRESTI ROSALIA	Professore Associato	Univ. di PALERMO
OTHER PROFESSOR(S)	LO PRESTI ROSALIA	Professore Associato	Univ. di PALERMO
	IOVANE ANGELO	Professore Associato	Univ. di PALERMO
	TABACCHI GARDEN	Ricercatore a tempo determinato	Univ. di PALERMO
CREDITS	12		
PROPAEDEUTICAL SUBJECTS			
MUTUALIZATION			
YEAR	1		
TERM (SEMESTER)	1° semester		
ATTENDANCE	Not mandatory		
EVALUATION	Out of 30		
TEACHER OFFICE HOURS	<p>IOVANE ANGELO Wednesday 11:30 13:00 Via pascoli secondo piano</p> <p>LO PRESTI ROSALIA Wednesday 12:00 13:00 In videocomunicazione nel team "Lo Presti - ricevimento studenti" tramite il seguente link:https://teams.microsoft.com/l/team/19%3a7ea36b9decef4f75872b17fdb5d064c7%40thread.tacv.conversations?groupId=130083c8-0c83-4751-8397-c34b149b3796&tenantId=bf17c3fc-3ccd-4f1e-8546-88fa851t</p> <p>TABACCHI GARDEN Friday 11:00 13:00 Via Pascoli 6, 2° piano</p>		

DOCENTE: Prof.ssa ROSALIA LO PRESTI

PREREQUISITES	Knowledge of exercise anatomy and physiology. Basics of sports medicine
LEARNING OUTCOMES	<p>Knowledge and understanding: knowledge of the functional and structural adaptations of the different organs to physical and sports activities, the methodology to evaluate the pathological processes, the safety and hygienic requirements of facilities devoted to sports activities, and the sports trauma medicine.</p> <p>Applying knowledge and understanding: acquisition of an overview of the effects of physical and sports activities on the various organs, the benefits and risks associated with exercise, and the preventive measures.</p> <p>Making judgements: ability to assess the indications and the contraindications to physical and sports activities demonstrating critical and scientific capacity in the evaluation and interpretation of data related to sports.</p> <p>Communication: ability to clearly and unambiguously communicate information, ideas, problems and solutions to both expert and non-expert audiences.</p> <p>Lifelong learning skills: development of those learning skills that are necessary to undertake further study with a high degree of autonomy, taking particular care of the issue of disease prevention through physical and sporting activities.</p>
ASSESSMENT METHODS	<p>The exam is an oral exam aimed at verifying the competences and skills to be acquired at the end of the course. The purpose of the questions is to verify knowledge of contents to be acquired at the end of the course, as well as analytical and expository skills. Knowledge check includes scrutiny of the capability to establish relationships between contents, theories, patterns and methodologies which have been an object of study during the course. As far as analytical skills are concerned, check will aim at verifying that the student has achieved at least one of the following goals: - make judgements and opinions about the disciplinary contents - understand applications and/or implications of the disciplinary contents within the specific discipline of reference - set the disciplinary contents within the professional, technological and sociocultural setting of reference. The student will have to answer at least two\three questions in the oral form about aspects of the syllabus with reference to the suggested textbooks. The exam aims at verifying knowledge and understanding of topics, interpretative competence and autonomy of judgement of concrete cases. The passing grade threshold will be considered reached if the student shows to have acquired the topics of the specific subject matter and is able to solve specific concrete cases as well as to correctly convey knowledge with satisfactory expository skills. Below the above-mentioned threshold, the exam will be considered unsatisfactory. The more the student can interact with his examiner showing mastery of language, of the specific subject matter and ability to convey his/her knowledge of the topics of the specific field of reference, the more the assessment will be positive. The latter will be expressed by 18 to 30-30 with honours marks.</p>
TEACHING METHODS	Frontal teaching

**MODULE
LOCOMOTOR SYSTEM DISEASES**

Prof. ANGELO IOVANE

SUGGESTED BIBLIOGRAPHY

Manuale di Medicina dello Sport – P. Zeppilli, V. Calmieri – CESI – Roma, 2011. Materiale didattico reso disponibile dal docente

AMBIT	21001-Attività formative affini o integrative
INDIVIDUAL STUDY (Hrs)	55
COURSE ACTIVITY (Hrs)	20

EDUCATIONAL OBJECTIVES OF THE MODULE

The educational aims of the course are aimed at providing students with the necessary knowledge of orthopedic disorders and trauma , in eta ' evolutionary and age' adults , with particular attention to joint damage and muscle-tendon more ' frequent in sports . For each considered to be set out the disease etiology, with specific reference to the incorrect gestures' sports , clinical , specific signs for the identification of the damage , imaging , essential to the definition of a correct diagnosis , and therapy , whether medical , surgical or physiotherapy . They will not leave out the necessary prevention rules necessary to reduce the incidence of diseases of the musculoskeletal system and the acquisition of the essential methods of post - traumatic immobilization.

SYLLABUS

Hrs	Frontal teaching
2	presentation of the course with directions to the program to be carried out and its development of running direct traumatic osteo articular pathology in sport
2	direct and indirect muscular disorders and tendon in sports
2	secondary diseases of the shoulder to the sport
2	elbow disorders , hand and wrist secondary to sport
2	Pathologies of the spine secondary to sport
2	Pathology of sports overload
2	hip disease and secondary pubic region to sport
2	secondary diseases of the knee to the sport
2	Pathologies of the ankle and foot secondary to sport
2	Main prevention rules necessary to reduce the incidence of diseases of the musculoskeletal system Notions of therapy , -the diseases previously treated with the acquisition of the essential methods of post - traumatic immobilization.

MODULE HYGIENE

Prof.ssa GARDEN TABACCHI

SUGGESTED BIBLIOGRAPHY

Igiene e Sanita' Pubblica per Scienze motorie a cura di G. Brandi, G. Liguori, V. Romano Spica, Antonio Delfino Editore
W. Ricciardi, Igiene, Idelson-Gnocchi Editore
Materiale didattico fornito dal docente

AMBIT	21001-Attività formative affini o integrative
INDIVIDUAL STUDY (Hrs)	55
COURSE ACTIVITY (Hrs)	20

EDUCATIONAL OBJECTIVES OF THE MODULE

This course aims to provide the students with a thorough knowledge of hygiene as applied to primary prevention through exercise and to safety and hygienic requirements of facilities devoted to physical activity, leisure and sport

SYLLABUS

Hrs	Frontal teaching
1	Introduction to the course - Syllabus and definitions
1	Health, hazard, risk, disease: definitions
4	Epidemiology and prevention of diseases associated with physical activity, sport and leisure
4	Passive and active immunization. Vaccines in adults and athletes
4	Safety and hygiene of the confined spaces. Physical and chemical issues. Thermoregulation and wellbeing
2	General requirements of the sport facilities: logistic, hygienic and environmental issues
4	Swimming pools. Logistic, hygienic and environmental properties. Sanitation: strategies and methods. The most prevalent infectious diseases in swimming pools attendees and their prevention methods.

MODULE SPORTS MEDICINE

Prof.ssa ROSALIA LO PRESTI

SUGGESTED BIBLIOGRAPHY

Manuale di Medicina dello Sport – P. Zeppilli, V. Calmieri – CESI – Roma, 2011.
Principi di diagnostica per immagini in medicina dello sport - M. Solarino, A. Iovane, R. Sutera. EdiSES - Napoli, 2014.
Materiale didattico reso disponibile dal docente.

AMBIT	50537-Biomedico
INDIVIDUAL STUDY (Hrs)	110
COURSE ACTIVITY (Hrs)	40

EDUCATIONAL OBJECTIVES OF THE MODULE

Knowledge of the classification of sport according to cardiovascular responses, the main cardiovascular and respiratory diseases that can alter the response to physical exercise or that may be induced by exercise and the problems related to master and diabetic athletes, and people with disabilities.

SYLLABUS

Hrs	Frontal teaching
6	Classification of sports, physical and gym activities
12	Athlete's heart. Cardiovascular diseases in athletes.
8	Respiratory diseases affecting sports and physical activities.
6	Sports and physical activities in diabetic patients and in obese.
4	Sports-related anemia
4	Doping in sport