



Course Regime

Course: Sports physiology

Study Programme: Medicine

Year of the Course: 2nd, 3rd, 4th, 5th, 6th

Semester: Summer

Course type: Elective

Number of ECTS credits: 3

Lecturer(s): izr. prof. dr. Helena Lenasi

Participating Organisational Units (Departments and Institutes): Institute of Physiology

Date of Issue: 15. 9. 2021

A. General part (*applies to compulsory and elective courses*)

1. Course objectives

Students will extend their knowledge of sports physiology. The aim is to be able to critically discuss and evaluate certain results and latest discoveries in accordance with basic principles of natural sciences. The student acquires the skills of solving theoretical problems, problem based learning, extension and transfer of knowledge, data acquisition and working in groups.

2. Comprehensive outline of the course organisation

The course is organized in the form of lectures (5 hours) and seminars (20 hours); conditionally also as practical measurements. The presence in course is compulsory. In the case of a justified absence (not more than once), the student can replace the missing lectures/tutorials by arranging an additional seminar, according to the agreement with the lecturer.

3. Description of on-going assessment of knowledge and skills

At the course are assessed student's willingness and above all, active participation in the subject (engaging in discussion, presenting knowledge, criticality). Each student must prepare a seminar in written form along with presentation for other students who selected this course. After the presentation of the seminar follows the discussion. The lecturer of the course evaluates the quality of the presented seminar. Students can gain additional points that increase the final assessment if they participate actively during the course.

4. Required conditions for the final examination (Course Exam)

The condition for successfully completed course is compulsory attendance and a successfully completed seminar (in writing form along with presentation) which is ultimately assessed.

5. Final assessment and examination of knowledge and skills (Course Exam)

An assessment of the course is evaluated with a seminar assessment (potentially increased due to additional points). Students can gain additional points that increase the final assessment if they participate actively during the course.

6. Other provisions

The exact instructions for preparing the seminar (topic, volume, deadline, literature) will be given to students during the course.

7. Fundamental study material and Supplement reading

- ML. Foss, SJ. Keteyian and EL. Fox. Fox's Physiological Basis for Exercise and Sport
- JH. Wilmore, D Costill and WL Kenney. Physiology of Sport and Exercise
- WD. McArdle, FI. Katch and VL. Katch. Essentials of Exercise Physiology, JR Shephard, PO Astrand. Endurance in sport.

8. Exam topics, clinical presentations and skills

9. Other information

Seminar topics are given to students during lectures.

B. Elective Courses *(considered as Elective Course Announcement)*

1. Participating main and guest lecturers

Izr. prof. dr. Helena Lenasi

2. Estimated time period in the semester

April, May

3. Maximum number of students for the elective course (if the number of students able to attend the course is limited)

20 students.

4. Please specify if the elective course is available in English for incoming international students (Erasmus + and others). Please specify any additional conditions in the case that the elective course is available for visiting students.

No.