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| Subject | Sports Medicine and Public Health | | |
| Type | Type | Semester | ECTS |
| | MANDATORY (M) | V | 5 |
| Lecturer | Dr.Sc. Diellor Rizaj | | |
| Goals and objectives | This course aims to provide students with introduction into the field of sports medicine and its outmost importance in public health. Moreover, throughout the course will be addressed a wide range of factors and considerations regarding Sports Medicine and Public Health that students should be aware of. | | |
| Learning outcomes | <p>Upon the completion of the course, students will:</p> <ul style="list-style-type: none"> ✓ Have general knowledge regarding the importance and relationship between physical activity, physical fitness and health. ✓ Design and implement effective injury prevention strategies for athletes at various levels. ✓ Gain knowledge regarding the immense importance of fitness and health evaluation. ✓ Analyze the impact of sports and exercise on public health and disease prevention. ✓ Demonstrate general knowledge related to cardiovascular system, its adaptation to physical activity, pathologies and sudden death. ✓ Develop strong interpersonal skills to educate and motivate individuals and communities to adopt healthy behaviors. | | |
| Content | Week | Topics | |
| | 1 | Syllabus Presentation | |
| | 2 | Introduction to the course. | |
| | 3 | Sports Medicine and Public health organization in national and international level. | |
| | 4 | Functional evaluation in sports medicine and its importance for public health. | |
| | 5 | Exercise and health. | |
| | 6 | Exercise and all-cause mortality. | |
| | 7 | Sport, physical activity and other health behaviors. | |
| | 8 | Mid-exam – 1 | |
| | 9 | Physical activity in special population. | |
| | 10 | Cardiovascular system and physical activity: functional adaptations, cardiovascular pathologies and sudden death. | |
| | 11 | Respiratory system: functional adaptations and respiratory diseases. Evaluation methods of respiratory function. | |
| | 12 | Physical activity and metabolic syndrome, diabetes and obesity; Physical activity and bone health. Low back problems. | |
| | 13 | Health aspects of physical activity and sport in children, adults, elderly. | |
| | 14 | Promotion of physical activity. | |
| 15 | Mid-exam – 2 | | |
| Teaching/learning methods | Activity | Weight (%) | |
| | Lectures | 40% | |
| | Laboratory | 40% | |
| | Research | 10% | |

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|------------------------------|--|---------------------|-----------------|
| | Independent and group learning | | 10% |
| Methods of Evaluation | Methods of evaluation: | | % |
| | Participation | | 10% |
| | a) Medium-term exam-1 | | 30% |
| | b) Medium term exam – 2 | | 30% |
| | Course design (developing a training program for a certain group) | | 30% |
| Sources | Sources | | Number |
| | Lectures | | 1 |
| | Presentations | | 1 |
| | Web of Science | | 1 |
| | PubMed | | 1 |
| | Scopus | | 1 |
| ECTS Workload | Activity | Weekly hours | Workload |
| | Lectures | 2 | 24 |
| | Lab | 1 | 12 |
| | Course project | n/a | 24 |
| | Independent work | n/a | 65 |
| Literature | <ul style="list-style-type: none"> • O'Connor, F. G. (Ed.). (2012). ACSM's sports medicine: a comprehensive review. Lippincott Williams & Wilkins. • Dishman, R. K., Heath, G. W., & Lee, I. M. (2012). Physical activity epidemiology. Human Kinetics. | | |
| Ethical standards | This course follows the UBT College Code of Ethics, requiring all students to behave accordingly. Any instance of academic misconduct, including but not limited to fraud, plagiarism, or other forms of dishonesty, will lead to significant penalties like failure of specific assessment or the entire course, as well as further disciplinary measures in line with UBT College's academic integrity policies. | | |
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