

NAME OF THE COURSE		Doping and sports medicine				
Code		Year of study	1 st year of graduate studies			
Course teacher	Assistant professor, Zoran Nikolovski PhD	Credits (ECTS)	3			
Associate teachers		Type of instruction (number of hours)	L	S	E	F
			30	15		
Status of the course	Elective	Percentage of application of e-learning	20%			
COURSE DESCRIPTION						
Course objectives	<p>To become familiar with doping substances, its consequences to the health of the athletes, and how to prevent it in order to have ethically fair competitions</p> <p>To understand process of antidoping fight and legal issues related to it</p> <p>To recognize importance of sports medicine in physical activity for health and fitness</p>					
Course enrolment requirements and entry competences required for the course	<p>Intermediate knowledge of English language</p> <p>General Physiology and Anatomy</p>					
Learning outcomes expected at the level of the course (4 to 10 learning outcomes)	<p>At the completion of this course, students will:</p> <ul style="list-style-type: none"> - acquire specific knowledge of antidoping; - understand importance of antidoping in its entirety – for health, ethics, legality, fairness and prevention; -to integrate knowledge of fundamental disciplines of performance enhancement and its influence on health – role of health practitioners in it; - to be able to recognize most of the injuries happening in different sport environment 					
Course content broken down in detail by weekly class schedule (syllabus)	Seminar		Teacher			
	Introduction to doping and glossary (2 hour).		Assistant professor, Zoran Nikolovski MD PhD			
	History and fight against doping (3 hours).		Assistant professor, Zoran Nikolovski MD PhD			
	Drugs in sports (4 hours).		Assistant professor, Zoran Nikolovski MD PhD			
	Process of antidoping control (3 hours).		Assistant professor, Zoran Nikolovski MD PhD			
	Science and medicine in doping (4 hours).		Assistant professor, Zoran Nikolovski MD PhD			
	Consequences of doping and its prevention (4 hour).		Assistant professor, Zoran Nikolovski MD PhD			
	Ergogenic aids, supplements and doping (2 hour).		Assistant professor, Zoran Nikolovski MD PhD			
	Introduction to the sports medicine (2 hour).		Assistant professor, Zoran Nikolovski MD PhD			

	Exercise prescription and sports medicine (4 hours).		Assistant professor, Zoran Nikolovski MD PhD			
	Environmental and medical conditions (2 hours).		Assistant professor, Zoran Nikolovski MD PhD			
	Injuries of the tissues (2 hour).		Assistant professor, Zoran Nikolovski MD PhD			
	Injuries to the Head, Spine and Upper Extremities (4 hours).		Assistant professor, Zoran Nikolovski MD PhD			
	Injuries to the chest, abdomen and lower extremities (4 hours).		Assistant professor, Zoran Nikolovski MD PhD			
	Therapeutic and recovery modalities (2 hour).		Assistant professor, Zoran Nikolovski MD PhD			
	First aid (1 hour).		Assistant professor, Zoran Nikolovski MD PhD			
	Physical rehabilitation and return to play (2 hour).		Assistant professor, Zoran Nikolovski MD PhD			
Format of instruction	x lectures x seminars and workshops <input type="checkbox"/> exercises <input type="checkbox"/> <i>on line</i> in entirety x partial e-learning <input type="checkbox"/> field work		<input type="checkbox"/> independent assignments <input type="checkbox"/> multimedia <input type="checkbox"/> laboratory <input type="checkbox"/> work with mentor <input type="checkbox"/> (other)			
Student responsibilities	Course attendance, homework through active learning, exam					
Screening student work (<i>name the proportion of ECTS credits for each activity so that the total number of ECTS credits is equal to the ECTS value of the course</i>)	Class attendance	1	Research	0,5	Practical training	
	Experimental work		Report	0,5	(Other)	
	Essay		Seminar essay	0,5	(Other)	
	Tests		Oral exam		(Other)	
	Written exam		Project	0,5	(Other)	
Grading and evaluating student work in class and at the final exam	The final grade is defined on a basis of sub-grades and final oral exam. Sub grades are earned throughout homework exams carried out during the course, each consisting of - <i>having group discussion of the topics heard at the theoretical classes,</i> - <i>evaluate and analyze each theoretical class in groups and present them before next theoretical class</i> - <i>teaching other students of topics from syllabus,</i> - <i>having group discussions and understanding of scientific papers</i> Each activity is evaluated separately and grades are cumulative sum of all activities. Oral exam is mandatory only if student wants to earn the grade 5 (excellent)					

	Title	Number of copies in the library	Availability via other media
Required literature (available in the library and via other media)			
	Optional literature (at the time of submission of study programme proposal)		
Quality assurance methods that ensure the acquisition of exit competences	Attendance and active learning grades. Research, reports, seminar essays Oral examination at the end of the classes (occasionally). External evaluation of teaching quality through 'Questionnaire for student's evaluation of teaching'.		
Other (as the proposer wishes to add)			