

National Pirogov Memorial Medical University, Vinnytsya

“APROVE ”

Vice - Rector for Academic Affairs



prof. of HEI Oksana SEREBRENNIKOVA

“31” 08 2022 year

“ AGREED ”

Head of physical education and MPC
department



prof. of HEI Larisa SARAFINYUK

“31” 08 2022 year

SYLLABUS

educational disciplines

"PHYSICAL REHABILITATION AND SPORTS MEDICINE"

Specialty	221 Dentistry
Educational level	Master's degree
Educational program	OPP "Dentistry", 2022
Educational year	2022-2023
Chair	Physical education and MPC
Lecturer	Docent of ZVO Yuriy KYRYCHENKO
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Compiler syllabus	Docent of ZVO Olena LEZHNYOVA

1. Status and structure disciplines

Status disciplines	Mandatory
Code disciplines in OPP and placedisciplines in OPP	OK 43, component of the cycle professional discipline preparation
Course/semester	4 course (VIII semester)
The scope of the discipline (general number hours/ number loans ECTS)	30 hours /1 ECTS credit
Structure disciplines	Lectures - 4 hours Practical classes - 18 hours Independent work -8 hours IN overall: auditorium occupation – 73.3%, independentoutside classroom work – 26.7%
Number content modules	2
Language teaching	English
Form teaching	Full -time (implementation of quarantine measures-remote ocular)

2. Description disciplines

Short annotation course, topicality. Study educational disciplines "Physical rehabilitation and sports medicine" provides assimilation basic principles using means and methods physical rehabilitation at different dental pathologies for more fast and successful restoration health, working capacity and quality life sick a person Also subject study of "Physical rehabilitation and sports medicine" is: morpho-functional selection to engage in one or another sport in accordance with genetically and phenotypically determined conditions capabilities of the individual; provision of high-quality in-depth dispensary examination, including admission to competitions based on health assessment; introduction of modern diagnostic methods in the system of medical monitoring for athletes; raising the level and quality medical software by creation unified programs medical software athletes higher qualifications on everyone levels sports activities, including training and competition; creation of a single standard collection and analysis system results examination athletes with compliance principle confidentiality; prevention and treatment diseases and injuries athletes in process their professional activities; development modern methods early diagnostics and treatment overstrain; control over the functional state of athletes in the conditions of the chosen sports activity; correction functional state and after loading restoration athletes

Prerequisites. The program in the discipline "Physical rehabilitation and sports medicine" is based on knowledge of human anatomy, medical biology, medical chemistry, medical and biological physics, physiology, pathophysiology, hygiene and ecology, pharmacology, propaedeutics of internal medicine, propaedeutics of children's diseases and is integrated with these disciplines; ensures consistency and relationship with internal medicine, dentistry, dental surgery, traumatology and dental orthopedics, neurology, and other subjects; ensures the introduction of modern diagnostic methods into the system of medical monitoring of athletes, the development of modern methods of early diagnosis and treatment of overexertion , dental diseases, congenital malocclusion in children ; control over the functional state of athletes in the conditions of the chosen sports activity, rehabilitation measures for the prevention of diseases of the maxillofacial area, which involves the integration of teaching with these disciplines and the formation of skills to apply knowledge of physical rehabilitation and sports medicine in the process of further education and in professional activities.

2.1. The purpose of the course and its significance for professional activity. the purpose teaching educational disciplines " physical rehabilitation and sporty medicine" is: formation in students holistic idea about opportunities forms and methods of medical control during physical rehabilitation; have an idea about means warning pre-pathological and pathological became what arise atirrational use of physical exercises; understanding the importance of timely applicationmeans physical rehabilitation in complex treatment and rehabilitation patients dental profile, and also in warnings professional diseases at doctors- dentists

Post-requisites. In the process of studying the discipline, the knowledge necessary for successful assimilation discipline professional preparation, and exactly: internal medicine, surgery, of traumatology and orthopaedics, dental therapy, dental orthopedics and surgery, pediatrics and others clinical discipline what provides integration teaching with by these disciplines and formation skill application of knowledge with sports of medicine in process further teaching and in professional activity

3. Learning outcomes of the discipline :

know:

1. Basic concepts of physical rehabilitation and sports medicine.
2. Basics of mechanotherapy.
3. Indications and 3contraindications for the use of physical rehabilitation and sports medicine, their technique , dosage criteria.
4. Application of physical rehabilitation in diseases of the maxillofacial system.

be able:

1. To master methodology complex medicinal examination, including research and assessment of human physical development, functional abilities of the body and functional state abilities maxillofacial systems.
2. Detect external signs different degrees fatigue at performance physical exercises
3. To know the causes of pathological and pre-pathological conditions as well as the risk factors of sudden death in irrational physical culture and sports.
4. Choose the means of PR and apply the optimal methods of exercise therapy in case of diseases maxillofacial systems.
5. To be able to provide patients with a dental profile of recommendations on independent physical exercises according to the doctor's instructions, with an explanation of the features of self-control under time classes
6. Be able to evaluate the effectiveness of the use of physical rehabilitation tools in the process restorative treatment in stomatology

4. Contents and logistics disciplines

Module 1. Sporty medicine	VIII semester 30 hours/1 credit	Lectures № 1 Practical class № 1-3 Topics for independent processing №. 1
Module 2. Physical rehabilitation	VIII semester 30 hours/1 credit	Lectures № 2 Practical class № 4-8 Topics for independent processing № 2-4

Discipline includes 10 topics

Contentful module 1. Sports medicine

Topic 1. Comprehensive medical examination during physical exercises. Research and rating physical development a person

Topic 2. Research and rating functional opportunities body Medicinal conclusion. Research and rating functional state maxillofacial systems in dental clinic.

Topic 3. Pre-pathological and pathological conditions and diseases with irrational occupations physical culture and sports

Contentful module 2. Physical rehabilitation

Topic 4. general foundations application means physical rehabilitation in patients dental profile. Specifics application medical massage in stomatology

Topic 5. physical rehabilitation at purulent-inflammatory processes in maxillofacial area and neuritis facial and trigeminal nerves.

Topic 6. physical rehabilitation at fractures jaw and bones facial skeleton, at diseases and contractures temporomandibular joints

Topic 7. physical rehabilitation at reconstructive and plastic operations in jaw-facial area, violations bite and innate developmental anomalies jaw in children

Topic 8. Application means physical rehabilitation for prevention and treatment professional diseases in dentists.

Topics of the lecture course reveal problematic ones questions of the relevant sections sports medicine and physical rehabilitation.

Practical occupation foresees theoretical justification basic questions topics and assimilation the following practical skills:

1. Learn the main tasks, forms and features of medical control during classes physical exercises
2. To master methodology complex medicinal examination, including research and assessment of physical development, functional abilities of the body and state human health.
3. To master the technique of diagnosing the degree of functional disorders of the maxillofacial region systems in patients dental profile.
4. Determine goal task, the main ones means and methodical principles physical rehabilitation
5. Know the definition and features of the exercise therapy method and explain the mechanisms of therapeutic action physical exercises
6. Carry out choice optimal regime motor activity for patients dental profile depending on the stage and period of physical rehabilitation, as well as with taking into account tolerance to physical load.
7. Appoint means PR with taking into account individual features body, clinical course of the disease and functional disorders of the dental and jaw system in patients dental profile.
8. To be able to choose means of PR and apply optimal methods of exercise therapy in purulent inflammatory processes in the maxillofacial region, open and closed fractures of the jaws taking into account the method of fixation of fragments, in case of traumatic injuries, including burns, soft fabrics maxillofacial areas, contractures high school mandibular joints, neuritis facial or triple nerves at reconstructive and restorative surgeries for injuries of soft and bone tissues of the facial skeleton, removal neoplasms, non-union of the upper lip and palate, etc., with developmental anomalies bite, functional disorders and congenital defects of the maxillofacial system in children
9. To master means PR with taking into account individual features body with purpose prevention professional diseases doctors dentists

The route of obtaining materials: Department of Physical Education and Physical Therapy/Student/Eyewear teaching/ Dentistry / 4 course/Educational and methodical materials/ or by link <https://www.vnmu.edu.ua/> chair physical education and Physical exercise #. Access to materials is carried out with corporate account student s000XXX@vnmu.edu.ua.

5. Forms and methods control success teaching

Current CONTROL on practical classes	Methods: oral or written survey, solving situational problems, carrying out functional tried their treatment and rating their results
Final CONTROL disciplines -test	Methods: conversion in points average arithmetic current success for universal 200- point scale (from 72 to 120 points) ((according to the Regulation of the Academic process in National Pirogov Memorial Medical University, Vinnytsya (link : https://www.vnmu.edu.ua/Ukraine information/Basics documents)
Means of diagnostics of success teaching	Theoretical question, clinically oriented situational task, practical task, demonstration practical skills

6. Criteria assessment

Assessment of knowledge is carried out according to Position about organization Academic process in National Pirogov Memorial Medical University, Vinnytsya (link <https://www.vnmu.edu.ua/Yamschenka> information/Basics documents).

Current CONTROL	By four by the point system of traditional evaluations: 5 "perfectly", 4 "okay", 3 "satisfactorily", 2 "unsatisfactorily"
Control of practical skills	By four ballroom system traditional evaluations
Assessment disciplines:	current progress – from 72 to 120 points (conversion secondary traditional evaluations by practical training by 200-point scale) Individual work – from 6 to 12 points Summarily from 122 up to 200 points

Scale assessment disciplines: national and ECTS

Sum points by all kinds educational activity	Rating ECTS	Rating by national scale	
		for an exam, course of the project (work), practice	for offset
180-200	AND	perfectly	counted
170-179.9	IN	okay	
160-169.9	WITH	satisfactorily	
141-159.9	D	satisfactorily	-
122-140.99	IS	satisfactorily	-
120-140.99	IS	-	counted
119-61	FX	unsatisfactory with possibility repeated drafting	not counted possibility repeated drafting
1-60	F	unsatisfactory with mandatory repeated study disciplines	not counted with mandatory repeated study disciplines

Criteria assessment of knowledge student Assessment oral answers under time current control

The grade "excellent" is awarded to a student who has shown versatile and deep skills knowledge topics practical occupation, can successfully perform practical task, which provided for program, realized relationship individual sections disciplines, their value for the future profession, discovered creative abilities in understanding and use curriculum material, manifested ability to independent renewal and replenishment of knowledge

The grade "good" is awarded to a student who has demonstrated complete knowledge of the practical topic occupation, successfully performs provided for program practical task, capable to independent mastery thematic plan

A grade of "satisfactory" is awarded to a student who has demonstrated knowledge of the main topic practical occupation in volume, necessary for further teaching, copes with performance practical tasks, provided for program, but owns necessary knowledge for overcoming admitted errors

An "unsatisfactory" grade is assigned to a student who has not demonstrated sufficient knowledge of the topic practical training, made fundamental mistakes in the implementation of the program practical tasks, cannot use the knowledge in the future without the help of the teacher training, not managed master the skills independent work

Assessment implementation practical skills under time current control

Rating **"perfectly"** is exhibited student, which, knows course, sequence examination and determination of the functional state of the body of a physical athlete and athlete, demonstrates correct implementation necessary practical skills and True with clear formulations generalizations and conclusions makes out medical control map

A grade of **"good"** is awarded to a student who makes inaccuracies during the course examination and determination of the functional state of a physical athlete's body and athlete, but is able to self-detect mistakes and can demonstrate performance practical skills in overall, makes out medical control map

A grade of **"satisfactory"** is awarded to a student who knows the basics of a practical task, but undergoes difficulties at conducting examination and definition functional state body physical education teacher and athlete, not maybe to demonstrate full correct sequence practical skills, not maybe interpret in full volumes the results carried out research, slovenly issues a medical check-up map

Rating **"unsatisfactorily"** is exhibited student, which not maybe to demonstrate implementation of practical skills, is subject to significant difficulties during the examination and determining the functional state of the body of a physical athlete and athlete violates the order implementation practical work, not registers course work in medical control card.

Accrual individual points carry out on based on Position about organization Academic process in National Pirogov Memorial Medical University, Vinnytsya (Vinnytsia, 2022). (link [https://www.vnmu.edu.ua/General information/Basics documents](https://www.vnmu.edu.ua/General%20information/Basics%20documents)).

12 points – prizes places on interuniversity scientific conferences with printedby work;

11-10 points – prize places at intra-university scientific conferences withavailability printed works;

10 points - participation in intra-university scientific conferences without prize placeswith availability printed works;

8 points - participation in intra-university conferences with printed work withoutprize place;

6 points – production tables

7. Policy educational discipline/course

The student has the right to receive high-quality educational services, access to modern research and educational information, qualified advisory help under time study disciplines and mastery practical skills Policy department under time granting of educational services is student-centered, based on regulatory documents of the Ministry of Education and the Ministry of Health of Ukraine, the university statute and the procedure for granting educational services regulated by the

main provisions of the organization of the academic process in National Pirogov Memorial Medical University, Vinnytsya and principles academic integrity

Adherence to the rules of National Pirogov Memorial Medical University, Vinnytsya, safety techniques in practical classes.

Requirements of preparation to practical classes Student should be prepared for practical training .

You should come to class on time, without being late. A student who is more late than for 5 minutes per class, is not allowed to the last and must work it out in established of order

On practical classes student has be dressed in working form (medical robe). students, which not have working shapes, not are allowed to occupation.

The student must observe safety rules during practical classes and during finding in premises department.

Under time discussion theoretical questions students have demonstrate tolerance, courtesy and respect for colleagues and the teacher; when performing practical tasks working place has to be kept in of order and be cleaned up after implementation practical work

Using mobile phones and others electronic devices The use of mobile phones and other electronic devices during class is allowed only during implementation practical tasks

Academic integrity. While studying the discipline student must be guided by the Code Academic Integrity and Corporate Ethics of National Pirogov Memorial Medical University, Vinnytsya (<https://www.vnmu.edu.ua/> general information/ The main ones documents/ Code academic integrity). At violations norms academic integrity under time current and final controls the student receives a grade of "2" and must work it out to his teacher in the prescribed time of order within two weeks after received unsatisfactory evaluations

Missed classes. Missed classes are made up according to the procedure established in Provisions about organization Academic process in National Pirogov Memorial Medical University, Vinnytsya (link <https://www.vnmu.edu.ua/> **General** information/Basics documents) in time, determined the practice schedule (published on the website of the department <https://www.vnmu.edu.ua/> chair physical education and Physical exercise#) another teacher For working out missed occupation student has in writing or orally answer on question to topics occupation. Working out missed lectures is carried out after granting synopsis lecture material, or writing abstract, or preparation own presentations with topic is missed lectures

The procedure for admission to the final disciplinary control is given in the Regulations about organization Academic process in National Pirogov Memorial Medical University, Vinnytsya (link <https://www.vnmu.edu.ua/> **General** information/Basics documents). To finalcontrol (credit) are allowed students, not have missed unworked practical classes and lectures and received a traditional averageassessment not Less "3".

Additional individual points Individual points with disciplines student maybe receive for individual work, the scope of which is published on the website of the department in educational methodical materials of the discipline, the number of points is determined by the results of the IRS according to The position about organization Academic process in National Pirogov Memorial Medical University, Vinnytsya (link <https://www.vnmu.edu.ua/> **General** information/Basics documents).

Solution conflicting questions At arising misunderstandings and claims to the teacher through quality granting educational services, assessment of knowledge and others conflicting

situations, the student must first notify the teacher of his/her claims. If conflicting question not decided then student has right submit appeal to manager department according to Position about consideration appeals acquirers higher education in National Pirogov Memorial Medical University, Vinnytsya (<https://www.vnmnu.edu.ua/General> information/Basics documents).

Policy in conditions remote teaching. Order remote teaching regulated by the Regulation on the introduction of elements of distance learning in National Pirogov Memorial Medical University, Vinnytsya (<https://www.vnmnu.edu.ua/General> information/Basics documents). The main training platforms for conducting training sessions are Microsoft Team, Google Meets. Order carrying out practical classes and lectures, exercises and consultations under time remote teaching is made public on web pages department (<https://www.vnmnu.edu.ua/> department of physical education and Physical exercise/ To a student or <https://www.vnmnu.edu.ua/> chair physical education and exercise therapy / News).

Feedback from the teacher is carried out through messengers (Viber, Telegram, WhatsApp) or electronic mail (optional teacher) in working time.

8. Educational resource

Educational and methodical software disciplines made public on site department. Route receiving materials <https://www.vnmnu.edu.ua/> chair physical education and PE/ To the student.

1) Basic literature :

1. Diagnosis and prevention of diseases and injuries that occur as a result of irrational sports / Mykhalyuk E.S., Syvolok V.V.. – Zaporizhzhia, 2022. – 200 p.
2. Foundations of the physical rehabilitation in medicine / Anatoliy Mahlovanyy , Olha Kuninets , Igor Grygus //Physical therapy, health, physical culture and pedagogy: monograph. Fizjoterapia, zdrowie, kultura fizyczna i pedagogika: monografia. – Rivne: NUVHP, 2021. – P. 147 – 175
3. Basics of rehabilitation, physical therapy, occupational therapy: tutorial. for students of the 1st level of universities. education: branch of knowledge 22 "Health care", special. 227 "Physical therapy, occupational therapy" / by general ed.: L.O. Vakulenko, V.V. Klapchuka. - Ternopil: TDMU "Ukrmedknyga", 2020. - 372 p.
4. Liannyo Yu. O. Basics of physical rehabilitation: teaching. manual for university students education closing / Yu. O. Liannoi; ed. Yu. O. Liannai. - Sumy: Type of Sumy. DPU named after A. S. Makarenko, 2020. - 368 p.
5. Sports medicine: assistant professor. for students of higher of education / Larisa Yan-Henrikhovna Shakhlina, Boris Hryhorovych Kogan, Tetyana Oleksandrivna Tereshchenko, Volodymyr Petrovych Tyshchenko, Serhii Mykhailovych Futorniy; under the editorship Larisa Yan-Henrikhovna Shakhlina. - Kyiv: National. University of Physics education and sports of Ukraine: Olympic Literature, 2018. – 422, [1] p.
6. Mykhalyuk E. L. Current issues of sports medicine. Part 1: monograph / Evgeny Leonidovych Mykhalyuk. – Odesa: Kuprienko Sergey Vasyliovych; Zaporozhye: [B. v.], 2017. – 158 p.
7. David X. Cifu. Braddom's Physical Medicine and Rehabilitation. - Commonwealth University School of Medicine, Richmond, Virginia, 2017. – 1184 p.

2) Additional literature:

1. Sports medicine. Textbook for students of higher education in physics education and sports / edited by L. Ya.-G. Shakhlina. - K.: Olimpiyskaya literatura, 2019. - 424 p.
2. Mykhalyuk E. L. Therapeutic exercises: textbook / E. L. Mykhalyuk, Yu. G. Reznichenko. - Zaporizhzhia: ZDMU, 2020. - 228 p.
3. Grigus I. M. Physical rehabilitation for diseases of the respiratory system: training. manual - Lviv: Novy svit-2000, 2020. - 170 p.
4. Kolyshkin O. V. Theoretical and practical foundations of adaptive physical culture: training. manual / O. V. Kolyshkin. - Sumy: Issue of the Sumy DPU named after A. S. Makarenko, 2020. - 424 p.
5. Sporty medicine. Textbook for students closing higher education physical education and sport / by ed L.Ya.-G. Shakhlina. – K.: Olympic literature, 2019. – 424 p.

3) Electronic resource:

1. E-mail address of the university website: <http://vnmnu.edu.ua>
2. The electronic address of the website of the university library: <http://library.vnmnu.edu.ua>

3. Library of the National University of Physical Education and Sports of Ukraine [Electronic resource]. – Regime access: <https://uni-sport.edu.ua/>
4. Scientific library for physical culture and sports of the Federal State University of Applied Sciences [Electronic resource]. – Regime access: <http://www.sportlib.iatp.by>
5. Ministry of Health of Ukraine <https://moz.gov.ua/>
6. Public Health Center of the Ministry of Health of Ukraine <https://phc.org.ua/kontrol-zakhvoryuvan>

In English language:

1. International Association of Sport International – IASI [Electronic resource]. -. – Access modes: www.iasi.org/home.html
2. <https://www.biomedcentral.com/>
3. <http://search.ebscohost.com/>
- 4) Presentations lectures, Methodical recommendations to practical classes and SRS

9. Schedule and distribution groups on teachers published on web pages department ((<https://www.vnmu.edu.ua/> chair chair physical education and exercise therapy / student).

10. Question to final control disciplines published on web pages department ((<https://www.vnmu.edu.ua/> chair chair physical education and Physical exercise/ student).

Syllabus with disciplines " athletic medicine » discussed and approved on meetings department physical education and exercise therapy (protocol #1, from "2 9 " August 202 2 year



Responsible by course _____ *signature* of Assoc. ZVO Olena Lezhnyova



Head department

_____ *signature* Prof. ZVO Larisa SARAFINYUK

