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| **Naziv predmeta** | **Sport i zlouporaba steroida** |
| **Kod** | MFMI… | Godina studija | 1-6. |
| **Nositelj/i predmeta** | Prof. Snježana Mardešić | Bodovna vrijednost (ECTS) | 2 |
| Suradnici |  | Način izvođenja nastave (broj sati u semestru) | P | S | V | T |  |
| 10 | 15 |  |  |
| Status predmeta | Izborni | Postotak primjene e-učenja  |  |
| **OPIS PREDMETA** |
| Ciljevi predmeta | Razumijevanje i usvajanje znanja o važnosti tjelovježbe na cjelokupno zdravlje i štetnosti zlouporabe zabranjenih sredstava |
| Uvjeti za upis predmeta i ulazne kompetencije potrebne za predmet | Nema |
| Očekivani ishodi učenja na razini predmeta (4-10 ishoda učenja)  | Objasniti i opisati glavne karakteristike mišićnoskeletnog sustava.Objasniti i definirati trenažni proces, osnove planiranja treninga.Odrediti pojedine vježbe za ciljane skupine mišića.Objasniti pozitivne i negativne strane suplemenata kao i zabranjenih supstanci. |
| Sadržaj predmeta detaljno razrađen prema satnici nastave  | Predavanja (10h)Osnove miologijeMišići ispod mikroskopaSeminari (15h)SuplementiSteroidiNova istraživanja iz fiziologije sporta i zloupotrebe steroida |
| Vrste izvođenja nastave: | ☐ predavanja☐ seminari i radionice  |  |
|
| Obveze studenata | Nazočnost na nastavi 80% predavanja, 90% seminari  |
| Praćenje rada studenata *(upisati udio u ECTS bodovima za svaku aktivnost tako da ukupni broj ECTS bodova odgovara bodovnoj vrijednosti predmeta):* | Pohađanje nastave |       |  |       |  |       |
|  |       |  |       |       (Ostalo upisati) |       |
|  |       |  |       |       (Ostalo upisati) |       |
|  |       |  |       |       (Ostalo upisati) |       |
|  |       |  |       |       (Ostalo upisati) |       |
| Ocjenjivanje i vrjednovanje rada studenata tijekom nastave i na završnom ispitu | Esej |
| Obvezna literatura (dostupna u knjižnici i putem ostalih medija) | **Naslov** | **Broj primjeraka u knjižnici** | **Dostupnost putem ostalih medija** |
| Anabolic steroids detected in bodybuilding dietary supplements - a significant risk to public health.Abbate V, Kicman AT, Evans-Brown M, McVeigh J, Cowan DA, Wilson C, Coles SJ, Walker CJ.Drug Test Anal. 2015 Jul;7(7):609-18 |       |  |
| Dopunska literatura  | Sadler TW. , Langman’s Medical Embryology, Lippincott Williams and Wilkins, USA, 2012Netter FH. Atlas of human anatomy. Basel: Novartis, 1998Handouts from lectures |
| Načini praćenja kvalitete koji osiguravaju stjecanje utvrđenih ishoda učenja | -Analiza kvalitete nastave od strane studenata i nastavnika, -Analiza prolaznosti na ispitima, -Izvješća Povjerenstva za kontrolu provedbe nastave, -Izvaninstitucijska evaluacija (posjet timova za kontrolu kvalitete Nacionalne agencije za kontrolu kvalitete, uključenje u TEEP). |
| Ostalo (prema mišljenju predlagatelja) |       |

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| **NAME OF THE COURSE** | **Sport and steroid abuse** |
| **Code** |  | Year of study | 1-6 |
| Course teacher | Assist. prof. Snježana Mardešić | Credits (ECTS) | 2 |
| Associate teachers |  | Type of instruction (number of hours) | L | S | E | F |
| 10 | 15 |  |  |
| Status of the course | Elective | Percentage of application of e-learning |  |
| **COURSE DESCRIPTION** |
| Course objectives | Understanding and learning about the importance of exercise on overall health and harmful use of prohibited substances |
| Course enrolment requirements and entry competences required for the course | None |
| Learning outcomes expected at the level of the course (4 to 10 learning outcomes) | Explain and describe the main characteristics of the musculoskeletal system, and anatomical and histological structure of large muscle groups.Define and explain the process of exercise, the basics of planning and exercise program.Determine which types of exercise affect the targeted muscle groups.Explain the pros and cons of diet supplements, and observe the harmful effects of prohibited substances. |
| Course content broken down in detail by weekly class schedule (syllabus) | Lectures (20 hours): Number of hours:Basics of myology 3Muscles under the microscope 3How to train? 4 Seminars (5 hours): Number of hours:Supplements 5Steroids 5New researches in physiology of sports and steroid abuse 5 |
| Format of instruction | ☒ lectures☒ seminars and workshops |  |
|
| Student responsibilities |       |
| Screening student work *(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)* | Oral examination (2 ECTS) |  |  |  |  |  |
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| Grading and evaluating student work in class and at the final exam | Students will have an assignment in which they need to analyze an article and discuss it.  |
| Required literature (available in the library and via other media) | **Title** | **Number of copies in the library** | **Availability via other media** |
| Anabolic steroids detected in bodybuilding dietary supplements - a significant risk to public health.Abbate V, Kicman AT, Evans-Brown M, McVeigh J, Cowan DA, Wilson C, Coles SJ, Walker CJ.Drug Test Anal. 2015 Jul;7(7):609-18 |       | Online |
| Low A1, Dovey J, Ash-Miles J. Vertebral artery dissection in weightlifter with performance enhancing drug use. BMJ Case Rep. 2011 Nov 8;2011. |       | Online |
| Pharmacology of anabolic steroids. Kicman AT.Br J Pharmacol. 2008 Jun;154(3):502-21 |       | Online |
| Anabolic steroid use: patterns of use and detection of doping. Graham MR, Davies B, Grace FM, Kicman A, Baker JS.Sports Med. 2008;38(6):505-25. Review. |       | Online |
|  |       |  |
| Optional literature (at the time of submission of study programme proposal) | Sadler TW. , Langman’s Medical Embryology, Lippincott Williams and Wilkins, USA, 2012Netter FH. Atlas of human anatomy. Basel: Novartis, 1998Handouts from lectures |
| Quality assurance methods that ensure the acquisition of exit competences | Quality control analysis by the students and peers, Passing exams proportion analysis, University of Split Committee for the teaching quality control report, Extramural evaluation (National agency team for quality control, TEEP) |
| Other (as the proposer wishes to add) |  |