

IB 128 : SPORTS MEDICINE 2007

Spring semester

TIME: Fridays 10-noon

PLACE: VLSB 2060

TEXT: Athletic Training and Sports Medicine (required)

EXERCISE PHYSIOLOGY: Brooks, Fahey, White (recommended)

INSTRUCTOR: C.E. McLaughlin, M.D.

Lecturer, Sports Medicine, UCB Dept. of Integrative Biology

Medical Director, UCB Fitness Testing Lab

Clinical Preceptor, UCSF School of Medicine

Team Physician, Berkeley High School Athletics

Medical writer, www.sportsmed.info

Clinical Practice in Family Medicine and Sports Medicine,

3000 Colby St., suite #304, Berkeley, CAL 94705

phone # 848-7533

e-mail: mclaugh@berkeley.edu

OFFICE HOURS: Tuesday 9-10 am, Starbuck's (Center and Oxford)

GSI's: G. Blumenkrantz

GRADING: MIDTERM	28% of grade
TERM PAPER	28% of grade
FINAL	42% of grade

TERM PAPER: 8-10 pages, topic of your choosing; recommend that you e-mail or discuss your topic with me

minimum of 5 primary source references (this means original research published in scientific journals, not review articles or popular press articles)

grading will consider organization, accuracy, thoroughness, style, clarity, presentation, and quality of references

COURSE OBJECTIVES

1. Understanding basic principles of exercise physiology:
 - A. Human adaptation to exercise
 - B. Principles of fitness testing
 - C. Concepts of exercise and health
 - D. Illness associated with environmental factors

2. Develop a concept of functional anatomy

3. Survey of common sports injuries:
 - A. Biomechanics of how injuries occur
 - B. Pathophysiology of injuries
 - C. Symptoms and signs of injury
 - D. Recognizing warning signs of potentially serious injury
 - E. Injury prevention and safety

4. Health Issues affecting athletes and all of us:
 - A. Nutrition
 - B. Drug abuse
 - C. Health concerns of female athletes
 - D. Athletics for people with specific health problems

5. Introduction to career possibilities in Sports medicine

6. Introduction to clinical research studies:
weekly review of published studies addressing current topics,
emphasizing critical analysis of study design and results

7. Introduction to use of the internet for medical information

WEEKLY SCHEDULE

DATE	TOPIC
Jan.	Introduction Defining Sports medicine

Jan. Bioenergetics (physiology of exercise)
Conditioning/fitness
Exercise and health

Feb. Fitness testing
Introduction to injuries

Feb. Injuries: Shoulder, Arm

Feb. Injuries: Arm, wrist, hand
Hip, thigh

Feb. Injuries: Head, neck, spine

March Injuries: Knee

March MIDTERM EXAM

March Midterm awards ceremony
Injuries: knee, lower leg,
ankle, foot

March Nutrition

March SPRING BREAK (optional)

April Sports medicine careers:
Physical therapy, Athletic training; Demonstrations

April Women's Issues in Athletics
(TERM PAPERS DUE)

April Drug use and athletes

April Environmental illness;
Heat, Dehydration, Altitude, Sun exposure

May Miscellaneous topics and REVIEW