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
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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

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<th>DATE</th>
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<td>Jan.</td>
<td>Introduction</td>
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<td>Defining Sports medicine</td>
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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