

INTERNAL MEDICINE

[in ROLE OF PHYSICAL ACTIVITY IN HEALTH PROMOTION]

CourseID: MED/13

ECTS: 5

2nd Year: 1st semester

Teacher: PROF. DELLA MORTE David

Objectives: The Main Purposes of this course are:

- To understand the pathogenesis and physiopathology of principal diseases of brain, cardiovascular system, bones and endocrine system.
- To be familiar with principal mechanisms by which physical activities is implicated in the management of several pathologies.

Program:

Cardiovascular diseases exercise and training; Cancer and exercise;

Bones diseases: Osteoporosis effect of physical activity; Neuromuscular diseases: pathophysiology and exercise; Stroke and physical exercise;

Neurodegenerative disorders and exercise;

Physical activity in special populations (Children and/or aging)

Textbooks : Bouchard C, Blair SN, Haskell WL. Physical Activity and Health. Second Edition

Exam method: At the end of the course, students will have a written test consisting of a Power Point presentation of an in-depth study of one topic covered during lessons. Subsequently, students will have access to the oral exam concerning the entire course.