

Oradea University

DEPARTMENT OF PSYCHONEUROSCIENCES AND RECOVERY, POST CONFERENCE THEME - POSITION 18 STATE OF FUNCTIONS

Disciplines:

Recovery in sports medicine – course + LP (BFR study program, year III)

Ergophysiology - course (BFR study program, year II and year I)

Psychomotricity, psychomotor education and re-education - course (BFR study program, year III)

Recovery in sports medicine

1. Sports medicine orientation: definition, stages. Sports traumatology: definition, objective, prophylaxis. Sports injuries: general characteristics, definition, classifications.
2. Sports anthropology: etymology, definition. Physical development, physical development examination: definition, classification, characteristic examinations, examination details.
3. Sports psychology: importance, psychological response to trauma, psychological chronology of a trauma, psychological vicious circle, objectives.
4. Sports physical recovery: definition, components, benefits, means, risks, particularities in performance athletes.
5. The principles of recovery in musculoskeletal injuries: sequence, the particularities of the athlete's assessment. The main methods of recovery in sports pathology: chronology, enumeration, definition.
6. Physical therapy in the medical recovery of athletes: the importance and benefits of physical therapy in athletes. Physiotherapy program for athletes: general considerations, objectives.
7. Soft tissue injuries: the most frequently encountered examples in sports practice, with definition, production mechanism, symptomatology and treatment.
8. Joint injuries: the most common examples encountered in sports practice, with definition, production mechanism, symptomatology and treatment.
9. Traumatic bone injuries: the most frequently encountered examples in sports pathology, with definition, production mechanism, symptomatology and treatment.
10. Overuse sports injuries: definition, production mechanism, clinical picture, factors participating in the production of microtraumas, treatment.

Ergophysiology

1. Physical effort: definition; General considerations; classification of physical effort.
2. Energy support of physical effort: general considerations; ways of producing ATP: enumeration, description; the aerobic-anaerobic threshold.
3. Homeostasis: definition, mechanisms. Metabolism: definition and functions: anabolism - catabolism; energy balance equation; basal metabolism.

4. Thermogenesis: definition, general notions. Food-induced thermogenesis: definition, characteristics. Thermoregulation. Thermoregulatory thermogenesis.
5. Physical exercises for health: physical activity; healthy lifestyle: definition, components; the benefits of physical exercise.
6. The effects of physical effort on the locomotor system: at the muscle level; at the level of bones, tendons and ligaments.
7. The effects of physical effort on the cardio-vascular system: immediate changes; late changes.
8. The effects of physical effort on the central nervous system: muscle strength, inhibitory mechanisms with a protective role, the starting state.
9. The effects of physical effort on the respiratory system: immediate changes; late changes.
10. Physical effort and the immune system: the benefits of physical effort; non-specific defense of the body; specific defense of the organism; immunological aspects of physical effort.

Psychomotricity, psychomotor education and re-education

1. The concept of psychomotor: definition, factors of psychomotor development, psychomotor education, general directions of psychomotor.
2. The basic components of psychomotricity: general notions; psychomotricity components: characteristics; voluntary motility: manifestations; stages in the execution of a voluntary movement.
3. Basic motor skills: eye-motor coordination; static and dynamic balance; overall dynamic coordination.
4. Neuromotor behaviors: muscle tone, proprioceptive sensations.
5. Conducts and perceptual-motor structures: body scheme, laterality, spatio-temporal organization.
6. Communication. The elements and attributes of communication: enumeration, definition and general considerations.
7. Characteristics of psychomotor development: generalities; characteristics; the specific milestones of children's psychomotor development.
8. Cycles and stages of psychic development: generalities; scheme of psychic development.
9. Psychomotor education and re-education: definition; generalities; the stages of the educational action; the stages of the re-educational action.
10. Psychomotor disorders: general notions; deficits of basic motor behaviors; deficits of neuromotor behaviors; deficits of perceptual motor behaviors.

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5. [Hagiu B.A.](#), *Fiziologia si ergofiziologia activitatilor fizice*, Editura: [UNIVERSITATII "ALEXANDRU IOAN CUZA"](#), 2014
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7. Hăulică, I., *Fiziologie umană*. Editura Medicală, București, 2009
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17. Vasilescu Mirela, [Introducere în ergofiziologie - monografie](#), Editura Universitaria, Aprilie 2017
18. [Wauters-Krings Frederique](#), *Psihomotricitate. Sprijin, preventie si compensare*, Editura: [ASCR](#), 2014