



SCHOOL OF MEDICINE – SCHOOL OF PHYSICAL EDUCATION & SPORTS
SCIENCE
ARISTOTLE UNIVERSITY OF THESSALONIKI
Inter School Graduate Program
Sport and Health

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Αθλητιατρική στην πράξη (ΜΕ023)
Υπεύθυνος: Νάτσης Κωνσταντίνος

Περιεχόμενο

Ενδείξεις και αντενδείξεις για άσκηση
Πρόληψη αθλητικών παθήσεων
Πρώτες βοήθειες στο γήπεδο ΚΑΡΠΑ
Κατάγματα-εξάρθρημα σε αθλητές
Νάρθηκες, περιδέσεις, επιδέσεις Taping, Kinesiotaping
Πρόληψη αθλητικών κακώσεων
Συνταγογράφηση της άσκησης
Οξείες αθλητικές κακώσεις
Μυϊκές κακώσεις/κακώσεις
Χρόνιες αθλητικές κακώσεις
Doping και Antidoping έλεγχος
Συμπληρώματα Αθλητών
Σακχαρώδης διαβήτης και άσκηση
Παχυσαρκία και άσκηση
Αναπνευστικό σύστημα και άσκηση
Ασκησιογενές άσθμα
Αιφνίδιος θάνατος
Καρδιά και άσκηση
Ουροποιογεννητικό και άσκηση
Κρανιοεγκεφαλικές κακώσεις σε αθλητές
Κακώσεις σπονδυλικής στήλης σε αθλητές
Οστεοπόρωση και άσκηση
Αθλητική Τριάδα
Κακώσεις οφθαλμών
Κακώσεις προσώπου - Κακώσεις ρινός
Αθλητιατρική επιστήμη και αθλητιατρική ειδικότητα
Ο ρόλος του αθλητιάτρου
Προληπτική ιατρική εξέταση αθλητών, κάρτα υγείας αθλητή

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ΑΡΙΣΤΟΤΕΛΕΙΟ ΠΑΝΕΠΙΣΤΗΜΙΟ ΘΕΣΣΑΛΟΝΙΚΗΣ
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