

COURSE OF STUDY (*Sciences of Motor and Sport Activities*)

ACADEMIC YEAR (2023-2024)

ACADEMIC SUBJECT (*Sports Cardiology*)

General information	
Year of the course	<i>Any year (choice exam)</i>
Academic calendar (starting and ending date)	<i>II semester (since March to May 2024)</i>
Credits (CFU/ETCS):	<i>1 CFU</i>
SSD	<i>Cardiovascular diseases (MED/11)</i>
Language	<i>Italian</i>
Mode of attendance	<i>Optional</i>

Professor/Lecturer	
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Department and address	<i>Division of University Cardiology – Policlinico University Hospital of Bari</i>
Virtual room	<i>gio7gok teams code</i>
Office Hours (and modalities: e.g., by appointment, on line, etc.)	<i>2 P.M. each Monday (by prior appointment via email)</i>

Work schedule			
Hours			
Total	Lectures	Hands-on (laboratory, workshops, working groups, seminars, field trips)	Out-of-class study hours/Self-study hours
25	10	0	15
CFU/ETCS			
1	1	0	

Learning objectives
<p><i>Within the framework of a broad and diversified training offer of the specificities of the degree class, the Course has as its fundamental objective cultural, scientific and applicative training in the sector of basic motor sciences. The training course is mainly oriented towards motor and sports disciplines relating to the specific scientific-disciplinary sectors widely represented in the study plan. This choice also made it possible to finalize the course towards those areas in strong technical and experimental evolution represented by the training of expert trainers in highly specific sports and motor sectors characterizing the local context, also in response to a precise and explicit training offer. The course, divided into semesters for a targeted didactic progression, initially involves the acquisition of the anatomical, biochemical and physiological knowledge essential to understand the basis of the functioning of the human body in movement as well as the psychological, pedagogical and social aspects that can motivate attention to corporeity and the propensity for physical activity and sport, also through students' personal access to first level practice of the most widespread individual and team sports disciplines. Subsequently the activity is centered on the teaching of physical and sporting activities, focusing on the knowledge of sporting disciplines and the links between physical activity and health, with particular attention to the issues of health protection of physical and sporting activity and the development of the individual in age of life, and on reflection on the methods of teaching physical and sporting</i></p>



	<p><i>activity. Subsequently, the finalization of the activities is oriented towards the acquisition of knowledge of the theoretical and applicative aspects of training and the functional and nutritional evaluation of the athlete and of the trained individual or of the practitioner of physical and sporting activities in free time, of orthopedics and traumatology of sport and movement and the legislative and economic foundations underlying the structure and functioning of sports organisations. Similar and integrative activities deemed necessary for the completion of the curriculum of all students are included in second and third year courses. In the three years of the course, students have the opportunity to complete their technical training by following practical modules on technique and teaching of specific motor and sports disciplines. The activities will be integrated, starting from the second year of the course, by training internship activities at university and non-university structures, regulated by a specific agreement, aimed at deepening specific disciplinary aspects. Knowledge of the English language, provided with a course dedicated not only to the linguistic basics but also and above all to the specific aspects of the world of sport and physical activities, will allow correct use of the scientific and technical knowledge available worldwide and also the exercise of activity in a world that sees an ever-increasing presence of non-Italian language practitioners at all levels.</i></p>
Course prerequisites	<i>Preliminary knowledge of cardiac anatomy and physiology</i>



Teaching strategies	Lectures
Expected learning outcomes	<p><i>At the end of the course the student must demonstrate that they have acquired:</i></p> <ul style="list-style-type: none">• <i>Knowledge and understanding (DD1): general concepts regarding the main heart diseases affecting the athlete, their recognition and their possible treatment</i>• <i>Applying knowledge and understanding (DD2): identify athletes to undergo cardiological in-depth studies in the context of suitability for sporting activities</i>• <i>Autonomy of judgment (DD3): trace a diagnostic path for the main heart diseases affecting the athlete</i>• <i>Communication knowledge and understanding (DD4): witnessing adverse cardiac events, communicating to the doctor symptoms and signs concerning the main heart diseases affecting the athlete</i>• <i>Capacities to continue learning (DD5): foundations of the main heart diseases affecting the athlete</i>
Content knowledge	<ul style="list-style-type: none">• <i>Notes on anatomy and physiology of the heart and vessels</i>• <i>Diagnostic methods: clinical examination and instrumental diagnostic investigations</i>• <i>Interpretation of the electrocardiogram in athletes</i>• <i>Cardiovascular risk factors. Primary and secondary prevention of cardiovascular diseases.</i>• <i>Main cardiomyopathies of interest in athletes</i>• <i>Main channelopathies of interest in athletes</i>• <i>Valvular heart disease: notes</i>• <i>Inflammatory heart disease: outline</i>• <i>Ischemic heart disease: notes</i>• <i>Congenital heart disease: notes</i>• <i>Pulmonary embolism: notes</i>• <i>Arrhythmias: fundamentals</i>• <i>Syncope and sudden death in the athlete</i>• <i>Cardiovascular effects of drugs of medical-sports interest</i>
Texts and readings	<ul style="list-style-type: none">• <i>“Cardiologia: Un approccio pratico alle linee guida” A. Ranauro. Independently published 2021. ISBN-13: 979-8597758763</i>• <i>“Malattie del cuore e dei vasi”. S. Dalla Volta - Ed. 2005, McGRAW – HILL.</i>• <i>“Manuale di Malattie Cardiovascolari”, from the Italian Society of Cardiology (downloadable from https://www.sicardiologia.it/sito/)</i>
Notes, additional materials	<i>Slides provided by the teacher</i>
Repository	<i>Contact with the teacher or student representatives</i>



Assessment	
Assessment methods	<i>Oral examination</i>
Assessment criteria	<i>The student must be able to recognize signs and symptoms of the main heart diseases affecting the athlete, knowing the pathophysiological bases, the diagnostic process, the prognostic implications and for the purposes of sporting activity, as well as hints on possible therapy.</i>
Final exam and grading criteria	<i>The final grade is awarded out of thirty. The exam is considered passed when the grade is greater than or equal to 18.</i>
Further information	