

Content

Preface	7
Introduction	9
1. Sports Medicine P. Brandejský, Z. Vilikus	11
1.1 Concept and Content of a Sports Medicine Department	11
1.2 The List of Examinations and Tests Performed in Sports Medicine	13
1.3 Instrumental Equipment	14
2. Examination of a Sportsman P. Brandejský, Z. Vilikus	15
2.1 Medical Examinations of a Sportsman	15
2.2 Basic Preventive Examination of a Sportsman	16
3. Auxiliary Examination Methods Z. Vilikus	21
3.1 Normal Electrocardiogram at Rest	21
3.2 Echocardiography	26
3.3 Heart Rate Variability (HRV)	28
3.4 Polycardiography, Thoracic Electrical Bioimpedance	31
4. Medical Functional Anthropology Z. Vilikus	37
4.1 Somatometry – Methods – Assessment	37
4.2 Somatotype	41
4.3 Body Composition	46
4.4 Body Keeping	52
4.5 Biological Age	53
5. Functional Diagnostics in Sports Medicine Z. Vilikus	59
5.1 Functional Examination of Lungs and Air-ways (Spirometry)	59
5.2 Ortho-clinostatic Test	62
5.3 Flack's Test	62
5.4 Handgrip Test	64
5.5 Step Test	65
5.6 Ergometry	66
5.7 Load ECG	72

5.8	Holter Monitoring ECG, Holter Monitoring of Blood Pressure	77
5.9	Spiroergometry	78
5.10	Anaerobic Threshold (AT, Stress Threshold, Lactate Threshold)	104
5.11	Diving Reflex	112
6.	Field testing (FT) Z. Vilikus	119
6.1	Introduction	119
6.2	Forms of Field Testing	119
7.	Energetic Metabolism Z. Vilikus	127
7.1	Introduction	127
7.2	Components of Energetic Metabolism	127
7.3	The Measurement of Energetic Metabolism	130
8.	Influence of Training on the Human Organism P. Brandejský, Z. Vilikus	135
8.1	Training process – General Principles	135
8.2	Neurohumoral Regulation during Exercise	135
8.3	Training – Aerobic and Anaerobic Metabolism	137
8.4	Adaptation to Training – Physical Fitness	139
8.5	Physical Fitness Components	141
8.6	Incorrectly Applied Sports Activity	143
8.7	The Physiological Benefits of Endurance Training	146
8.8	Health Benefits of Regular Physical Activity	147
8.9	Prescription of Exercise Activity	148
9.	Sports Injuries P. Brandejský, Z. Vilikus	157
9.1	Sports Accident Rate	157
9.2	The Most Frequent Injury Mechanisms	158
9.3	Reasons of Sports Injuries	158
10.	Doping P. Brandejský, Z. Vilikus	161
10.1	Introduction	161
10.2	Doping Drugs and Methods	161
10.3	Doping Prevention	165
10.4	Punishment for Doping	166
10.5	Notes for Medical Praxis	166
11.	The Use of Table Processor in Sports Medicine Z. Vilikus	169
11.1	Introduction	169
11.2	Assessment of Cardio-respiratory Fitness in MS Excel	170

11.3 Prescription of Exercise Intensity	172
11.4 The Somatotype and Exercise Disposals Assessment	173
11.5 Energetic Metabolism SW Model for the Assessment of Energy Output (EO)	176
11.6 Probability of CHD Assessed by Diamond and Forrester	177
12. Exercise Prescription in Some Civilization Diseases Z. Vilikus	183
12.1 Diabetes Mellitus	183
12.2 Obesity	185
12.3 Arterial Hypertension	186
Appendix	189
Supplement 1 Form for Quantitative Chronometry of an Exercise Unit	189
Supplement 2 Physiological Curve Test	190
Supplement 3 The Rules for Medical Aid at Sports Competitions	191
Supplement 4 Sports Evaluated by Riskiness	192
Supplement 5 Original Table for the Assessment of CHD Likelihood	194
Supplement 6 Software Application for CHD Likelihood Assessment	195
Supplement 7 Disability to Sports Activity	196
Supplement 8 Contraindications of Sports Activity	198
List of Used Abbreviations	201