

STATE ESTABLISHMENT 'DNIPROPETROVSK MEDICAL ACADEMY OF MINISTRY  
OF HEALTH OF UKRAINE'  
Chair of physical rehabilitation, sport medicine and valeologies

**«Is confirmed»**

At methodical meeting of physical  
rehabilitation, sports medicine and  
valeology chair  
\_\_\_\_\_ (the chair name)

**The head of the chair**

\_\_\_\_\_ Nekhanevich O. B.  
« \_\_\_\_ » \_\_\_\_\_ 20 \_\_\_\_ p.

**METHODICAL INSTRUCTIONS**

TO STUDENTS OF  IV  course  medical  faculty

FOR INDEPENDENT WORK

BY PREPARATION FOR THE PRACTICAL TRAINING

**MODULE № 1: PHYSICAL REHABILITATION, SPORT MEDICINE**

**Thematic module 1: Sport medicine**

***Theme № 6: The prepathological and pathological conditions at  
person who train irrationally. The doping in sport***

## MODULE I. PHYSICAL REHABILITATION, SPORT MEDICINE

### Thematic module 1: Sport medicine

#### Theme № 4: *The prepathological and pathological conditions at person who train irrationally. The doping in sport.*

##### 1. Theme urgency:

Functional diagnostics is the way to indicate the problems in functional state of organism. It is equally important to professional sport, general physical education and remedial gymnastics. General and specific adaptive facilities are controlled with functional tests. The test can be held on the functional diagnostics center or during the physical training activity. The results contain information about functional state of organism, the adaptive abilities and physical training tolerance at the exact time.

##### 2. Theme duration: 4 hours.

3. **The educational aim:** To study the functional tests, including loading tests. To evaluate physical work capacity, aerobic endurance and physical activity tolerance.

##### Concrete aims:

###### **To know:**

- Theoretic basement, administration and evaluation principles of functional loading tests. Their features and practical use in functional diagnostics. Peredpatological and pathological conditions, diseases and injuries that occur when irrational physical culture and sports. The problems of doping in sport.
- Drug-pedagogical control during exercise
- Physiological changes in hemodynamics during exercise.
- Types of reactions of the circulatory system to the standard exercise and their characteristics.
- Problems of diagnosis of physical health at the present stage, the concept of "amount" of physical health.

###### **To be able:**

- Giving advice on choosing the most optimal type of exercise, recreation and health and training of motor regimes depending on physical condition.
- Interpret changes in key physiological systems under the influence of physical activity of varying intensity.
- Identify external features of different degrees of fatigue during exercise.
- Know the causes peredpatolohichnyh and pathological conditions, as well as risk factors for sudden death in irrational physical culture and sports.
- To be able to diagnose acute and chronic physical stress, as well as other diseases and injuries arising from inadequate physical activity; own methods of first aid and treatment of acute and chronic physical strain.

###### **To develop practical skills:**

- the self-holding functional tests: PWC<sub>170</sub> (veloergometric and stepergometric variants); Navvacki test
- calculate the aerobic endurance index with Astrand or PWC<sub>170</sub> methods; .
- work with special medical documents.

##### 4. **Basic knowledge, skills (interdisciplinary integration) – (table 4.1):**

Table 4.1

The names of previous disciplines	Practical skills
Normal physiology	To be able to registrate main physiologic features, to know the loading test methodic.
Pathologic physiology	To define the development process of prepathologic and pathologic organic changes, non-adequate physical exertion impact
Propedeutics of internal disease	To take blood pressure, heart rate, describe pulsus. To be able to take electrocardiography, to hold the loading test. To evaluate the

	medical data.
Pediatric Propedeutics	To know the specifics of physical development in children according to different age.

## 5. Students advice.

### 5.1 Theoretic questions:

1. The definition of acute and chronic overexertion.
2. The reasons of occurrence of pathological condition, diseases and damages during employment by physical culture and sports.
3. Risk of sudden death during employment by physical culture and sports.
4. Dystrophy of myocardium. Infringement of a rhythm of heart. Hyper- and hypotonic conditions.
5. Definition of «physiologic» and «pathologic sport heart».
6. Diseases and injuries of nervous system.
7. Diseases of digestion system.
8. Liver pain syndrome.
9. Diseases ear, throat, nose.
10. Diseases of urogenital system.
11. Diseases of endocrine system.

### 5.2 Practical part:

1. Physiological changes in hemodynamics during exercise.
  2. Types of reactions of the circulatory system to the standard exercise and their characteristics.
  3. Problems of diagnosis of physical health at the present stage, the concept of "amount" of physical health.
  4. Estimate physical work capacity with PWC<sub>170</sub> test (veloergometric and stepergometric variants), evaluate the results.
1. to estimate physical work capacity and physical exertion tolerance with Navakki test, evaluate the results.
  2. Calculate the maximal oxygen consumption factor by PWC<sub>170</sub> value.
  3. To give a mark to general functional resources oh an organism.
  4. Give recommendations about the kind of physical activity and optimal moving mood depending on test results.

### 5.4. Theme content:

Functional loading tests give us a chance to register parameters while physical exertion. It establishes a quantitative score of functional abilities using special diagnostic equipment. It is necessary to take into account several personal data: State of the athlete (health, composure), Physiological data (body weight, resting heart rate) to choose the loading level.

Load testing means an athlete does intensive physical exertion. That is why the testing grope should include a physician and a nurse. They control whether the test is held right, the appearance of pathologic signs and decide when the test should be stopped. After recording the data the dynamic of physiological parameters is analysed.

Tolerance to physical training is the ability to make the physical exertion without symptoms of overload. Such symptoms are called the tolerance threshold.

#### **CLINIC SYMPTOMS OF TOLERANCE THRESHOLD:**

1. Complaints of the patient on difficult breathing especially in expiration (indicator of bronchoconstriction development).
2. Deep dyspnea.
3. Angina pectoris attack. (without changes on ECG).

4. Deep overfatigue, sickness, deranged vision and hearing.
5. Pale color or cyanosis of the skin, less of extremities temperature.
6. Hyperhydrosis.
7. Dyscoordination of the movements.
8. Breaking down the physical exertion by a patient.

***Functional features of physical threshold:***

***Maximal HR:***

- For person who are training:  $220 - \text{age in years}$
- For person who aren't training:  $200 - \text{age in years}$

Decrease of HR when the load increases.

***Maximal BP:***

- increase of BP more then (more 240/120 mmHg in training person, more 200/100 in don't training mmHg)
- decrease of SBP more then 25% from initial
- decrease of pulse BP

***Electrocardiographic features:***

1. Arrhythmia:

premature contractions (frequent (more then 1 in 10 beats), group (two or more), multifocal, occur on or near the T wave), paroxysmal tachycardias, ventricular flutter and others) and conduction (complete heart block, ventricular blocks).

2. ST segment changes:

- depression ST more 0,1 mB during 0,08 sec. and more;
- elevation ST more 0,2 mB.

3. T wave changes:

- elevation T more then 0,5 mB (especially in V4 lead);
- decrease voltage T more then 25% from initial.

4. R wave changes:

- decrease R amplitude more 50% from initial;
- increase R amplitude with ST depression.
- increase and wide Q wave

The loading tests give us an opportunity to evaluate physical work capacity, depending on aerobic performance. It represents the functional state of organism and its adaptive skills.

Physical work capacity is potential abilities of human to make maximal physical work on safety level selected period of time.

Aerobic capacity is ability of body uptake of oxygen; another term is maximum oxygen uptake is volume of oxygen used when a person reaches his maximum ability to supply it during exercise.

There are direct and indirect methods of physical work capacity estimation.

Direct:

execution of maximal physical exertion, on limit of aerobic capacity. Used only for

Indirect:

- a. Submaximal test PWC170
- b. Navvacki test
- d. The step test
- c. The 12-minute run test (Cooper's test)

Testing and measurement are the means of collecting information upon which subsequent performance evaluations and decisions are made but in the analysis we need to bear in mind the factors that may influence the results. The primary purpose of the PWC170 test (Cambell et al. 2001)[1] is to predict the power output (watts) at a projected heart rate of 170 beats per minute (bpm).

**There are two variants of test: veloergometric and stepergometric**

This test requires the athlete to cycle for 6 minutes whilst maintaining their heart rate between 120-140bpm and the following a 10 minute rest cycle for another 6 minutes whilst maintaining their heart rate between 150-170bpm.

- The athlete starts cycling
- The assistant adjusts load on the bicycle ergometer to raise the athlete's heart rate to between 120-140bpm
- The assistant resets the power output to zero and starts the stopwatch
- After 6 minutes the assistant records the power output (P1) and the athlete's average heart rate (H1)
- The athlete rests for 10 minutes
- The athlete starts cycling
- The assistant adjusts load on the bicycle ergometer to raise the athlete's heart rate to between 150-170bpm
- The assistant resets the power output to zero and starts the stopwatch
- After 6 minutes the assistant records the power output (P2) and the athlete's average heart rate (H2)

**Harvard step test**

The Harvard Step test is a test of aerobic fitness, developed by Brouha et al. (1943) in the Harvard Fatigue Laboratories during WWII. The features of this test is that it is simple to conduct and requires minimal equipment. There are many other variations of step tests too. Step Test Image equipment required: step or platform 20 inches / 50.8 cm high, stopwatch, metronome or cadence tape.

Procedure: The athlete steps up and down on the platform at a rate of 30 steps per minute (every two seconds) for 5 minutes or until exhaustion. Exhaustion is defined as when the athlete cannot maintain the stepping rate for 15 seconds. The athlete immediately sits down on completion of the test, and the total number of heart beats are counted between 1 to 1.5 minutes after finishing (see measuring heart rate). This is the only measure required if using the short form of the test. If the long form of the test is being conducted, there is an additional heart rate measures at between 2 to 2.5 minutes, and between 3 to 3.5 minutes. See some videos of Harvard Step tests being performed.

Scoring: the Fitness Index score is determined by the following equations. For example, if the total test time was 300 seconds (if completed the whole 5 minutes), and the number of heart beats between 1-1.5 minutes was 90, between 2-2.5 it was 80 and between 3-3.5 it was 70, then the long form Fitness Index score would be:  $(100 \times 300) / (240 \times 2) = 62.5$ . Note: you are using the total number of heart beats in the 30 second period, not the rate (beats per minute) during that time.

**Fitness Index (short form)** =  $(100 \times \text{test duration in seconds})$  divided by  $(5.5 \times \text{pulse count between 1 and 1.5 minutes})$ .

**Fitness Index (long form)** =  $(100 \times \text{test duration in seconds})$  divided by  $(2 \times \text{sum of heart beats in the recovery periods})$ .

Validity: correlation to VO2max has been reported as between 0.6 to 0.8 in numerous studies.

Advantages: This test requires minimal equipment and costs, and can be self-administered.

Disadvantages: Biomechanical characteristics vary between individuals. For example, considering that the step height is standard, taller people are at an advantage as it will take less energy to step up onto the step. Body weight has also been shown to be a factor. Testing large groups with this test will be time consuming.

Comments: The Harvard Step Test was developed by Brouha et al. (1943) in the Harvard Fatigue Laboratories during WWII. Some sources suggest a 40 cm high bench, which is not the standard and original bench height. Since the original description of this test, there have been variations in the test procedure such as reducing the bench height for female subjects in some research studies.

It is one of most simplex test. In this test is investigated time during which the patient makes physical exertion in fixed level. For this test is used the cyclergometer. The type of exertion: increase the power of exertion in stages. Initial level of the exertion is 1 Vt/kg. Every level of exertion the patient makes 2 min. After every stage is evaluated the symptoms of tolerance threshold. If they are present the test is stopped, if they aren't the power level increased on 1 Vt/kg.

**The Cooper test** is a test of physical fitness. It was designed by Kenneth H. Cooper in 1968 for US military use. In the original form, the point of the test is to run as far as possible within 12 minutes. The test is meant to measure the condition of the person taking it and therefore it is supposed to be run at a steady pace instead of sprints and fast running. The outcome is based on the distance the test person ran, their age and their sex. The results can be correlated with VO2 Max. It is an easy test to perform on larger groups. The length of the run is considered to be that of a long distance run, since everything above 3 km is rated "long distance"—which means the runner will predominately use his "red", slow oxidative muscle cells.

For comparison the 5000 meters world record of Kenenisa Bekele was performed in 12:37.35. This means that in 12 minutes he would reach a distance of around 4750 meters.

Score: the VO2 Max quantity should correlate with body weight. VO2 Max in non-athletes male is 44-51 ml/min/kg, in female 35-38 ml/min/kg represents norma. VO2 Max index lower than 25 ml/min/kg in male and 20,5 ml/min/kg in female represents severe functional state, more than 51,5 ml/min/kg in male and 38,9 ml/min/kg in female represents perfect functional state. In athletes VO2 Max may overgrade 80-90 ml/min/kg.

### **5.3 Self-control materials:**

#### **1) self-control questiones:**

1. The definition of acute and chronic overexertion.
2. The reasons of occurrence of pathological condition, diseases and damages during employment by physical culture and sports.
3. Risk of sudden death during employment by physical culture and sports.
4. Dystrophy of myocardium. Infringement of a rhythm of heart. Hyper- and hypotonic conditions.
5. Definition of «physiologic» and «pathologic sport heart».
6. Diseases and injuries of nervous system.
7. Diseases of digestion system.
8. Hepar pain syndrome.
9. Diseases ear, throat, nose.
10. Diseases of urogenital system.
11. Diseases of endocrine system.

#### **2) Tests:**

1) Doping agents include all of the following medical groups except for one:

- A. Anabolic steroids,
- B. \*Diuretics,
- C. Adaptogens,
- D. Beta blockers,
- E. Stimulators.

2) "Border" conditions in practice of sports medicine include all of the following conditions except for one:

- A. Vegeto-vascular dystonia,
- B. Pre-hypertensive conditions,
- C. Osteopenia and osteoporosis,
- D. Cardiac defects,
- E. \*Disbacteriosis of bowels.

**literature:**

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7. Functional tests in sport medicine (methodical recomendations) /Mychaluk E. L. –Kyiv. –2005. – 37p.

Discussed on cathedral meeting «\_\_\_\_»\_\_\_\_\_20\_\_p. (Protocol № \_\_\_\_)

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