

Modul designation	Elective Sport Medicine
Semester in which the module is taught	7th Semester of Academic/Bachelor Stage
Person responsible for the module	<ol style="list-style-type: none"> 1. Santun Bhekti Rahimah, dr., M.Kes. 2. Mirasari Putri,dr.,PhD. 3. Widayanti,dr,MKes 4. Uci Ary Lantika,dr.,MKes 5. Rizky Suganda,dr.,MKes.
Language	Bilingual (Indonesia & English)
Relation to curriculum	Compulsory
Teaching methods	Lecture
Workload	<p>Total workload : 14 weeks</p> <p>Contact hours : Lecture 2 hours/meeting</p>
Credit points	3 ECTS (2 SKS)
Required & recommended prerequisites for joining the module	-
Module Objective	<p>At the end of course, students will be able to:</p> <ol style="list-style-type: none"> 1. Explain the meaning, types, and benefits of exercise (C2) 2. Explain the concept of sports medicine. (C2) 3. Explain energy production in physical activity and sports (C2) 4. Explain the cardiorespiratory system during exercise (C2) 5. Apply the basic principles of nutritional needs when exercising. (C3) 6. Implement pre-during-post exercise nutrition and nutrition fluid intake in sports (C3) 7. Applying supplements and ergogenic substances in sports. (C3) 8. Explain the basic principles of sport as preventive and curative (C2) 9. Explain exercise for health and exercise for achievement. (C2) 10. Implement exercise dosage settings based on frequency, intensity, timing, and time (FITT) (C3) 11. Implement a physical fitness test (fitness assessment) (C3) 12. Explain doping and stimulants (C2) 13. Implement treatment for injuries during sports (C3) 14. Implementing Islamic insert in sports for health and sports for

	achievement (C3)
Content	Elective Sports Medicine modules are designed to provide the specialised knowledge that students desire. This module discusses topics related to sports medicine that can be considered in efforts to prevent and treat disease.
Examination forms	Written Test Examination
Study and examination requirements	System Pass Criteria : minimum written test score 55.5 (C)
Reading list	<ol style="list-style-type: none"> 1. Sport and exercise nutrition, ed Susan A Lanham et al. Wiley-Blackwell 2. Krause-Food and Nutrition Therapy 3. Potgieter S. Sport nutrition: a review of latest guidelines for exercise and sport nutrition from american college of sport nutrition, the international olympic committee and the international society or sport nutrition. South african journal of clinical nutrition, 26(1):6-16 4. Harper-biochemistry 5. Ganong, 25th ed 6. Physical activity guidelines 2017-Health council of netherland 7. Krause. Food and nutritiom therapy