

Sports Medicine II

Syllabus Number	AHS-201
OGAWA, Yoshiko	Elective 2 credit

1. Course Description

Sports medicine is a branch of medicine that deals with physical fitness, treatment and prevention of injuries and disorders related to sports and exercise. This course provides an overview of advanced sports medicine, including sports injury prevention and treatment, exercise for physical and mental health, influences of sex and age on exercise, drugs in sport and recommendations for training and nutrition.