

スポーツ内科学特講

Elective 2 credit

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1. Course Description

Internal medicine in sports is a branch of medicine that deals with physical fitness, treatment and prevention of internal diseases and disorders related to sports and exercise. This course provides an overview of advanced internal medicine in sports, such as prevention and treatment of internal diseases and disorders, exercise therapy for patients with internal diseases, exercise for physical and mental health, influences of sex and age on exercise, drugs in sport, and recommendations for training and nutrition.