



**SUBJECTS & COURSES IN GENERAL AT EAU**

**ANATOMY**

The anatomy course is focusing on;

- Basic Anatomy
- Musculo-Skeletal System
- Visceral System
- Nervous System
- Vascular System
- Digestive System
- Lymphatic System
- Respiratory System
- Endocrine System
- Urinary System
- Reproductive System
- Functional Anatomy
- Topographical Anatomy

**RECOMENDED LITERATURE;**

Sobotta; Atlas of human anatomy

**PHYSIOLOGY**

The course focus on;

- Cellular biology
- Histology
- Endocrinology
- The central nervous system
- The perifer nervous system
- The autonomous nervous system
- The organs of our senses
- The respiratory system
- The circulation system
- The digestive system
- The metabolic system and temperature regulation
- The clearing system
- The blood
- Acid base homeostasis
- Muscle physiology & powertraining
- Sports physiology

**RECOMMENDED LITERATURE:**

Foundations of Sport and Exercise Psychology  
Robert Weinberg

Exercise Physiology: Energy, Nutrition, and Human Performance  
William D. McArdle

Periodization Training for Sports  
Tudor O. Bompá

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**International Office**  
Sports Consulting Dahlbo-Johansson OG  
Mösererstrasse 632  
6100 Seefeld/Austria

**European Office**

Tennis Sport International GmbH  
20, rte de Bettembourg  
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### BIOMECHANICS

The focus in the biomechanics course is on:

- Muscle physiology, muscle insertions and origins
- Movement energy
- Rotation moments
- Power moments
- Analysis of different sport-motoric components
- Power training

#### RECOMMENDED LITERATURE:

Biomechanics of Sport and Exercise  
Peter M McGinnis

Sports Biomechanics: The Basics: Optimising Human Performance  
Anthony J. Blazevich

### NEUROLOGY

General neurology focus on;

- CNS, PNS, ANS
- Muscle and nerve
- Dysfunktion and diseases of the nervous system
- Motoric and locomotion

#### RECOMMENDED LITERATURE:

Sports Neurology

by Barry D. Jordan (Author), Peter Tsairis (Author), Russell F. Warren (Author)

### NUTRITION

The course aims for a deep know-how in;

- Vitamins and minerals
- Carbohydrates, fat and proteins
- Different nutritional forms like; vegetarian, lactovegetarian and normal nutrition
- Diet planning
- Calories

#### RECOMMENDED LITERATURE;

Exercise Physiology: Energy, Nutrition, and Human Performance  
William D. McArdle

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### **PEDAGOGIK & METHODICS**

The pedagogic and methodic course focus on:

- The importance of introduction
- Pedagogic basic theories
- Criticism
- Learning milieu
- Mental development of the student
- The student in the center
- A practical unit; preparation, action/planning

### **RECOMMENDED LITERATURE;**

Teaching Tactical Creativity in Sport - Research and Practice  
Daniel Memmert

Routledge Handbook of Sports Coaching  
Paul Potrac, Wade Gilbert, Jim Denison

### **PSYCHOLOGY**

Our psychology course is divided into five subtitles;

- Sport Psychology
- Development psychology
- Customer psychology
- Specific Performance Psychology
- Mental Training

### **RECOMMENDED LITERATURE;**

Mastering Your Inner Game  
David R. Kauss

Be Extraordinary  
Dr. Ann Quinn

Foundations of Sport and Exercise Psychology  
Robert Weinberg

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<b>SPORTS MEDICINE</b>
This course in sports medicine is focusing on;
•Sport injuries
•Diagnosis
•First aid on court
•Prophylactic preparation
•Rehabilitation
•Taping techniques - contra indications
•The anatomy and physiology of the joint
•Sports medical test
•Sport motorical test
•Blood test analysis
RECOMMENDED LITERATURE;
The Sports Medicine Patient Advisor Pierre A. Rouzier
Essentials of Athletic Injury Management William Prentice, Daniel Arnheim
Be Extraordinary Dr. Ann Quinn
Clinical Sports Medicine, Peter Brukner and Karim Khan

<b>MASSAGE &amp; STRETCHING</b>
The Course focus on:
· Various grips and techniques
· Massage theory
· Specific stretching; PNF, INF, KAT
· Connective tissue massage
· Palpation
RECOMMENDED LITARATURE;
Massage for Sport Performance Michael McGillicuddy
Therapeutic Stretching Jane Johnson

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<b>TAPING &amp; FIRST AID</b>
First aid in general focus on;
•Heart - and lung rescue
•Distorsions, luxations, bleedings, brain concussion
•Heart and lung anatomy and physiology
•Joint, brain and blood anatomy and physiology
RECOMMENDED LITERATURE;
Taping Techniques /Principles and Practice, <i>Rose Macdonald, BA FCSP</i>
First Aid Manual – St. John Ambulance, DK

<b>ADDITIONAL COURSES:</b>
ORTHOPEDICS
PHYSIOTHERAPY
MICROBIOLOGY
PATHOLOGY & HYGIENE
SPORT SPECIFIC COURSES
SPORTS HISTORY AND RULES
RESEARCH METHODS
ETHIC AND MORAL
PEDIATRICS

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