Faculty of Medical Sciences in Kragujevac

Integrated Academic Studies of Medicine

Sports medicine

3rd week

1. Water content in human body.

2. Water distribution in human body.

3. Composition of intra- and extracellular fluid.

4. The roles of sodium in human body.

5. The roles of potasium in human body.

6. The roles of calcium in human body.

7. The mechanisms involved in sodium concentration control.

8. The mechanisms involved in potasium concentration control.

9. The mechanisms involved in calcium concentration control.

10. The mechanisms involved in osmolarity control.

11. The impact of physical activity on water and electolytes.

12. Regulation of water and electolytes during physical activity.