

## ENDOCRINOLOGY

*[in ROLE OF PHYSICAL ACTIVITY IN HEALTH PROMOTION]*

Course ID: MED/13

ECTS: 5

2<sup>nd</sup> Year: 1<sup>st</sup> semester

Teacher: PROF. DELLA MORTE David

**Objectives:** The Main Purpose of this course is to intend to assist the students to understand the principle of major endocrine diseases and have a critical evaluation in the management of acute and chronic endocrine problems. The Course Objectives will be:

- to understand the function of the endocrine organs, metabolism of their hormones, and their effects on the body.
- to understand the pathogenesis and pathophysiology of diseases of the pituitary, thyroid, parathyroid, adrenal, pancreas (endocrine), testes, and ovary.
- to interpret the results of measurements of stimulation and suppression of glands.
- to know the basic pharmacology and use of insulin, thyroid hormones, corticosteroids, androgens, estrogens, vasopressin, and other agents.
- to be familiar with principal issues in diabetes management especially applied in the field of physical activities.

### Program:

Type 2 diabetes mellitus and physical activity: A therapeutic strategy for treatment and prevention of this pandemic disease.

Obesity and role of physical activity in reducing body mass.

Adrenal Glands and role of Corticosteroids in Health promotion and Physical Activity.

Human Growth Hormone (HGH) and Exercise. Physiological regulation and tissue synthesis.

Thyroid and its responds after stress and physical activity.

Hypertension: how physical activity improve blood pressure.

**Textbooks** P. Michael Conn. Endocrinology of Physical Activity and Sport. Second Edition, Naama Constantini, Anthony C Hackney Editors, Humana Press.

**Exam method:**