



UNIVERSITY OF
EASTERN FINLAND

Sports physician advises in heat problems



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Watch a video clip “a sport doctor”

Read the career story of a Sport Doctor



Sport Doctor



- I am working as sport doctor in a private medicine centre. In my job I concentrate on prevention, research and treatment of sport injuries. I deal also with issues related to doping and antidoping, evaluate sportler's training strain and instruct healthy diet and how to recover.
- Regular medical examinations of sportlers and the enthusiasts of physical education are essential to guarantee and maintain health. My work is to recommend useful examinations and treatments that the strain do not damage health.
- Most common sport injuries I meet are muscular distensions but injuries may be caused also by strain. Mostly injuries are in the area of tarsal joint, instep, and knee.
- I meet sportlers, plan examinations and treatments. I explain them possibilities and risks. After successful treatment I enjoy the recover of the patient. Weekly I do strain examinations.
- I meet patients who react enthusiastically to physical education. I need good social skills and empathy. I need to know how human body functions. Knowledge in chemistry, physics and biology is the foundation for my studies in medicine.



Draw in small groups a mind map on the skills that are important in the career of a doctor.



Think what kinds of advice a doctor could give for these thermal equilibrium problems.

- a child or an elderly person suffering with a heatstroke
- an ice swimmer suffering hypothermia
- a teenager after a long run