

## **26344 - Physical-Sports Practice: Safety, Prevention and First Aid**

### **Información del Plan Docente**

<b>Academic Year</b>	2017/18
<b>Faculty / School</b>	229 - Facultad de Ciencias de la Salud y del Deporte
<b>Degree</b>	295 - Degree in Physical Activity and Sports Science
<b>ECTS</b>	6.0
<b>Year</b>	
<b>Semester</b>	First semester
<b>Subject Type</b>	Optional
<b>Module</b>	---

### **1.General information**

#### **1.1.Introduction**

#### **1.2.Recommendations to take this course**

#### **1.3.Context and importance of this course in the degree**

#### **1.4.Activities and key dates**

### **2.Learning goals**

#### **2.1.Learning goals**

#### **2.2.Importance of learning goals**

### **3.Aims of the course and competences**

#### **3.1.Aims of the course**

#### **3.2.Competences**

### **4.Assessment (1st and 2nd call)**

#### **4.1.Assessment tasks (description of tasks, marking system and assessment criteria)**

### **5.Methodology, learning tasks, syllabus and resources**

#### **5.1.Methodological overview**

The learning process designed for this subject is based on the following:

The subject consists of 6 ECTS with 90 hours of independent study and 60 contact hours .

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The 60 contact hours will be split into 30 hours of expositive sessions where students learn basic concepts of the subject , and 30 hours of practical sessions where the student must demonstrate a certain degree of skill in handling the injured and speed in decision -making that affects the prevention of injury.

### **5.2.Learning tasks**

Teaching is developed through lectures and practices in biomedical laboratories of the faculty.

### **5.3.Syllabus**

The program that is offered to students to help them achieve the expected results includes the following activities ...

#### Block I security

- Guidance, protection and health of the sport space. Types of sports flooring and conditions to be met. Security areas: high ceilings and outer bands, interior finish, lighting and ventilation, equipment and appliances. Auxiliary spaces: entrance and access, changing rooms and nursing services. Hygiene and maintenance.

#### Block II prevention

- Sports injury. intrinsic and extrinsic lesions in the production of factors. Objective and sports protection criteria. Injuries due to trauma. Syndromes abuse. Prevalence of sports injury. Specific injuries of upper and lower extremities. Spinal injuries. Primary prevention of sports injury.

#### Block III First Aid

- General performance before an emergency situation. Origin and management of cardio-respiratory arrest. Urgencies of the cardiovascular system. Overall performance against a person with not witnessed loss of consciousness. Diabetic athlete. neurological emergencies: trauma, convulsive and strokes. Wounds. Contusions. Blisters. Disinfection and sterilization methods. communicable diseases in the sport. Types limb trauma and first aid action. First thoracic and abdominal aid. Disorders caused by excessive heat and cold. Drowning. Burns. Concept and causes of anaphylaxis. Mild and severe anaphylactic reactions.

### **5.4.Course planning and calendar**

Schedule sessions and presentation of works The realization of the program and schedule of theoretical and practical sessions and key dates of testing will be specified and communicated to students at the beginning of the course and in the official calendar of exams Grade published on the website of the Faculty of health and Sports .

### **5.5.Bibliography and recommended resources**

Bibliografía

Básica:

## 26344 - Physical-Sports Practice: Safety, Prevention and First Aid

- Equipamiento deportivo. Asociación Española de Normalización y Certificación; 1999.
- Bahr R, Maehlum S. Lesiones deportivas: diagnóstico, tratamiento y rehabilitación. Ed. Paidotribo. 2007.
- Dishman R. Physical activity epidemiology. Champaign, Illinois: Human Kinetics Books; 2004
- Cruz Roja Española. Manual Cruz Roja de Primeros Auxilios. Ed. Pearson Educación; 2007
- Handley AJ, Koster R, Monsieurs K, Perkins GD, Davies S, Bossaert L. European Resuscitation Council guidelines for resuscitation 2005. Section 2. Adult basic life support and use of automated external defibrillators. Resuscitation. 2005 Dec;67 Suppl 1:S7-23. Recomendaciones 2010.

### Complementaria:

- Field J, Stapleton E. AVB para el equipo de salud. Texas: American Heart Association; 2002
- Peterson L, Renstrom P. Sport injuries: Their prevention and treatment. London: Martin Dunitz; 2001
- Consulta de bases de datos como: AENOR Web, PUBMED, SCIENCE CITATION INDEX, SPORT DISCUS
- Consulta webs como: American Heart Association <http://www.americanheart.org/> Consejo Europeo de Resucitación <http://www.erc.edu/> Consejo Superior de Deportes <http://www.csd.mec.es/CSD/Deporte/InformacionGeneral/>