

Academic Year/course: 2021/22

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

Syllabus Information

Academic Year: 2021/22

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

Faculty / School: 229 - Facultad de Ciencias de la Salud y del Deporte

Degree: 295 - Degree in Physical Activity and Sports Science

ECTS: 6.0

Year: 4 and 3

Semester: First semester

Subject Type: Optional

Module:

1. General information

2. Learning goals

3. Assessment (1st and 2nd call)

4. Methodology, learning tasks, syllabus and resources

4.1. Methodological overview

The methodology followed in this course is oriented towards achievement of the learning objectives. A wide range of teaching and learning tasks are implemented, such as lectures, practice sessions and autonomous work.

4.2. Learning tasks

The course (6 ECTS: 150 hours) includes the following learning tasks:

- Lectures (30 hours). In these sessions the students learn the basic concepts of the course.
- Practice sessions in biomedical laboratories (30 hours). In these sessions the students must show a certain degree of skill in handling the injured and speed in decision-making that affects the prevention of injury.

Teaching is carried out by means of theoretical lectures in full group synchronously connected telematically teaching staff and students through Google Meet technologies or anyone who enables the University of Zaragoza to its use during the **a c a d e m i c** **y e a r**. The practical classes of the subject will be carried out in person in the biomedical laboratory of the Faculty. In case not being able to be done in person by health indication, they will be carried out in the form of workshops on the platform Moodle.

4.3. Syllabus

The course will address the following topics:

Section 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.

Section 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.

Section 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. Contagious diseases in the sports. Types of 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.

4.4. Course planning and calendar

Further information concerning the timetable, classroom, office hours, assessment dates and other details regarding this course will be provided on the first day of class or please refer to the Faculty of Health and Sports Sciences website.

4.5. Bibliography and recommended resources

Basic bibliography:

- 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.

Complementary bibliography:

- 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/>