

Academic Year/course: 2022/23

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

### Syllabus Information

**Academic Year:** 2022/23

**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:**

**Semester:** First semester

**Subject Type:** Optional

**Module:**

## 1. General information

## 2. Learning goals

## 3. Assessment (1st and 2nd call)

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

#### CONTINUOUS ASSESSMENT

**Theoretical multiple choice global test (50%):** a global test will be carried out in the official call, face-to-face, which will consist of a multiple choice theoretical exam, which represents 50% of the final grade.

**Activities and drills in practices (30%):** During the practices of the subject, different activities and drills related to each of the three blocks of the subject (safety, prevention and first aid) will be proposed, which will be evaluated by the teaching staff. These activities will represent 30% of the final grade.

**Group work on safety, prevention and treatment of injuries in a specific sport (20%):** a written thesis will be carried out in groups in which safety in the facilities of a specific sport modality, the prevalence of the different injuries in the sports practice of said modality and, selecting a specific injury, the mechanisms of prevention and treatment of said injuries will be analyzed. During the first weeks of the course, the chosen topic will be agreed upon with the teaching staff. The work will be presented orally in the last theoretical class of the subject.

To access this evaluation modality, the following essential requirements must be met:

? Compulsory attendance at practical classes: a maximum of 2 practices may be missed and in no case may they coincide with the practices in which drills are carried out.

? Obtain a mark above 5 both in the written evaluation test, in the activities and practical drills, as well as in the group work

#### GLOBAL ASSESSMENT

**Theoretical multiple choice global test (50%):** a global test will be carried out in the official call, face-to-face, which will consist of a multiple choice theoretical exam, which represents 50% of the final grade.

**Global practical test (30%):** A practical exam will be carried out in the official call, face-to-face, in which it must be demonstrated that the necessary practical knowledge has been acquired to pass the subject.

**Individual work on safety, prevention and treatment of injuries in a specific sport (20%):** a written thesis will be carried out in which safety in the facilities of a specific sport modality, the prevalence of the different injuries in the sports practice of said modality and, selecting a specific injury, the mechanisms of prevention and treatment of said injuries will be analyzed (it is mandatory that at least one of them be prevented or treated by means of bandages and correctly explain the type of bandage and the process that will be carried out for its realization). In addition to the written work, a power point presentation or similar will be delivered, voiced by the student, explaining each section and including videos of the making of the bandage.

To pass the subject through the global evaluation, a grade of 5 points must be obtained in each of the evaluable tests and assignments.

## 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 face to face, at the facilities provided for this purpose by the University of Zaragoza. If the health situation so requires, the session will be held synchronously connected telematically teaching staff and students through Google Meet technologies or anyone who enables the University of Zaragoza to its use during the academic year.

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

<http://psfunizar10.unizar.es/br13/egAsignaturas.php?codigo=26344>