

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

Información del Plan Docente

Academic Year	2016/17
Academic center	229 - Facultad de Ciencias de la Salud y del Deporte
Degree	295 - Degree in Physical Activity and Sports Science
ECTS	6.0
Course	
Period	First semester
Subject Type	Optional
Module	---

1.Basic info

1.1.Recommendations to take this course

1.2.Activities and key dates for the course

2.Initiation

2.1.Learning outcomes that define the subject

2.2.Introduction

3.Context and competences

3.1.Goals

3.2.Context and meaning of the subject in the degree

3.3.Competences

3.4.Importance of learning outcomes

4.Evaluation

5.Activities and resources

5.1.General methodological presentation

The learning process that is designed for this subject is based on the following: The subject consists of 6 ECTS 90 hours of independent study and 60 contact hours . The 60 contact hours will be divided 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 affecting the prevention of injury.

5.2.Learning activities

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

5.3.Program

The program that the student is offered to help you achieve the expected results includes the following activities ...

I block 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 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 or drowning. Burns. Concept and causes of anaphylaxis. mild and severe anaphylactic reactions.

5.4.Planning and scheduling

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