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| BACHELOR DEGREE**PHYSICAL THERAPY**2ND YEAR OF STUDY, 2ND SEMESTER |

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| **Course title** | | **EDUCATION FOR HEALTH AND FIRST AID** |
| Course code | | SL1113216 |
| Course type | | tutorial |
| Course level | | 1st cycle (bachelor’s degree) |
| Year of study, semester | | 2nd year of study, 2nd semester |
| Number of ECTS credits | | 5 |
| Number of hours per week | | 4 (2 lecture hours + 2 seminar hours) |
| Name of lecture holder | | PUNI RAREȘ-ALEXANDRU |
| Name of seminar holder | | PUNI RAREȘ-ALEXANDRU |
| Prerequisites | | Advanced level of English |
| A | **General and course-specific competences** | |
|  | **General competences**:   * Modular design (Kinetotherapy and special motor skills) and planning the basic contents of the field with interdisciplinary orientation * The assessment of physical growth and development and the quality of the motor according to the specific requirements / objectives of the physical therapy, the attitude towards the independent practice of the physical exercise * Description and demonstration of specific operational systems for physical therapy, by age groups * Evaluation of the level of training of practitioners of physical education and sports activities   **Course-specific competences**:   * Organization of physical and sports education activities for people of different ages and levels of training under qualified assistance conditions, respecting the rules of professional ethics and deontology * Fulfillment of efficient and effective work tasks for organizing and conducting sports activities | |
| B | **Learning outcomes** | |
|  | * Carrying out a sanitary education of students and implementing basic first aid concepts. * Creating proper eating habits in accordance with the specific needs of physical activities. * Acquiring some notions of body warming and the possibilities of disease prevention. * The dosage of the physical effort according to the possibilities of the adaptation body. * Acquiring first aid maneuvers specific to the field of activity. | |
| C | **Lecture content** | |
|  | - Definition, objectives, purpose and tasks of the discipline.  - The influence of the environment on the growth, development of the organism, on the state of health  - Food hygiene - he basic principles - hydration  - Food principles - carbohydrates and proteins  - Dietary principles - lipids and vitamins  - The mechanisms of thermoregulation and tempering  - Effort recovery and dietary supplementation  - Prevention of accidents specific to the field  - Theoretical elements of cardio-respiratory resuscitation and Heimlich maneuver  - Contusions, wounds and bleeding  - Sprains, dislocations and fractures  - Cranio-cerebral trauma: definition, mechanisms of production, diagnosis, first aid  - Poisons and burns  - Effort pains: definition, diagnosis, prevention method | |
| D | **Recommended reading for lectures** | |
|  | * First Aid for the USMLE Step 1 2019, Twenty-Ninth Edition, Paperback, Editura: McGraw-Hill Education / Medical * Shirley A. Jones, First Aid, Survival, and CPR: Home and Field Pocket Guide, ISBN-13: 978-0803621824 ISBN-10: 0803621825 * John Furst, The Complete First Aid Pocket Guide: Step-by-Step Treatment for All of Your Medical Emergencies Including, Heart Attack,Stroke, Food Poisoning, Shock • Anaphylaxis • Minor Wounds • Burns, 1st Edition, ISBN-13: 978-1507208885,ISBN-10: 150720888 | |
| E | **Seminar content** | |
|  | * The influence of environmental factors on the body * Drug poisoning * Acute fatigue and recovery after exertion * Food principles * First aid in case of burns * Food supplements and effort supporters * Doping * Cardio-respiratory resuscitation maneuvers * Cardio-respiratory resuscitation maneuvers * First aid in case of bitten wounds * Heimlich maneuver * Bandages, compresses and workshops * First aid for spinal cord injury | |
| F | **Recommended reading for seminars** | |
|  | * First Aid for the USMLE Step 1 2019, Twenty-Ninth Edition, Paperback, Editura: McGraw-Hill Education / Medical * Shirley A. Jones, First Aid, Survival, and CPR: Home and Field Pocket Guide, ISBN-13: 978-0803621824 ISBN-10: 0803621825 * John Furst, The Complete First Aid Pocket Guide: Step-by-Step Treatment for All of Your Medical Emergencies Including, Heart Attack,Stroke, Food Poisoning, Shock • Anaphylaxis • Minor Wounds • Burns, 1st Edition, ISBN-13: 978-1507208885,ISBN-10: 150720888 | |
| G | **Education style** | |
| learning and teaching methods | | Interactive lectures, explanation, demonstrations, viewing material and so on |
| assessment methods | | Practical and teoretical evaluation |
| Language of instruction | | English |