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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
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| 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.
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| 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
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| 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

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| 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
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| 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 |