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| MASTER DEGREE**FITNESS AND BODY AESTHETICS**1ST YEAR OF STUDY, 1ST SEMESTER |

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| **Course title** | **FIRST AID IN SPORTS TRAUMA** |
| Course code | PM1111122 |
| Course type | tutorial |
| Course level | 2nd cycle (master’s degree) |
| Year of study, semester | 1st year of study, 1st semester |
| Number of ECTS credits | 5 |
| Number of hours per week | 3 (1 lecture hours + 2 seminar hours) |
| Name of lecture holder | OPREAN ALEXANDRU |
| Name of seminar holder | OPREAN ALEXANDRU |
| Prerequisites | Advanced level of English  |
| A | **General and course-specific competences** |
|  | **General competences**:* In-depth knowledge of the theoretical and practical benchmarks specific to fitness and body aesthetics.
* Use of specialized knowledge for the application and interpretation of newly emerged situations in body modeling.

**Course-specific competences**:* Assume leadership roles of professional groups.
* Coordination of activities for groups with specific needs (elderly, detainees, etc.)
* Diagnosis of training needs.
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| B | **Learning outcomes** |
|  | * Acquiring the main maneuvers in providing first aid in case of accidents
* Creating the premises for a health education of the participants
* Formation of correct skills in granting first aid in case of accidents
* Acquiring the possibilities of preventing more frequent illnesses in the young population
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| C | **Lecture content** |
|  | * Definition, objectives and working methods specific to the discipline
* Accidents more common in physical education: definition, consequences, prevention
* Cardiovascular resuscitation: definition, triggers, maneuvers to be performed
* Sports traumatology: contusions, wounds, sprains, dislocations, fractures, osteo-tendon injuries
* Methods of hemostasis. Acute, acute, chronic fatigue
* Medical-surgical emergencies and ways in which first aid is provided
* Intervention and first aid in craniocerebral trauma
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| 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: 150720888X
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| E | **Seminar content** |
|  | * In the seminars the concepts presented in the course are resumed and examples from medical practice are presented

- discussions and questions- tracking of filmed material- power point presentation- presentation of images from floors and floors- examples through practical applications |
| 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: 150720888X
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| G | **Education style** |
| learning and teaching methods | Interactive lectures, explanation, demonstrations, viewing material and so on |
| assessment methods | Teoretical and practical evaluation |
| Language of instruction | English |