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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. | |
| 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 | |
| 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 | |
| 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 | |
| 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 | |
| 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 |