

MASTER DEGREE

FITNESS AND BODY AESTHETICS

1ST YEAR OF STUDY, 1ST SEMESTER

COURSE TITLE	FIRST AID IN SPORTS TRAUMA
COURSE CODE	PM1111122
COURSE TYPE	tutorial
COURSE LEVEL	2 nd cycle (master's degree)
YEAR OF STUDY, SEMESTER	1 st year of study, 1 st 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
	<p>General competences:</p> <ul style="list-style-type: none"> → 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. <p>Course-specific competences:</p> <ul style="list-style-type: none"> → Assume leadership roles of professional groups. → Coordination of activities for groups with specific needs (elderly, detainees, etc.) → Diagnosis of training needs.
B	LEARNING OUTCOMES
	<ul style="list-style-type: none"> → 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
	<ul style="list-style-type: none"> • 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
	<ul style="list-style-type: none"> • 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
	<ul style="list-style-type: none"> • In the seminars the concepts presented in the course are resumed and examples from medical practice are presented <ul style="list-style-type: none"> - 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

	<ul style="list-style-type: none"> • 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