

Course Unit	Hygiene Traumatology and First Aid	Field of study	Sport Sciences
Bachelor in	Sports - Minor in Recreation and Leisure	School	School of Education
Academic Year	2023/2024	Year of study	3
Type	Semestral	Semester	1
Workload (hours)	135	Contact hours	T 35 TP 19 PL - TC - S - E - OT - O -
Level	1-3	ECTS credits	5.0
Code	9563-625-3102-00-23		

T - Lectures; TP - Lectures and problem-solving; PL - Problem-solving, project or laboratory; TC - Fieldwork; S - Seminar; E - Placement; OT - Tutorial; O - Other

Name(s) of lecturer(s) António Miguel de Barros Monteiro

#### Learning outcomes and competences

At the end of the course unit the learner is expected to be able to:

1. Relates hygiene themes with physical activity and sports
2. Identifies the injury mechanisms
3. Identify the most usual sport injury symptoms
4. To implement training programs specific to each injury and recognize the limitations of activities according to them
5. Is able to analyse and act according to an accident and the victims behaviour
6. Applies first aids techniques: Cardio Pulmonary Rehabilitation
7. Applies first aids techniques: specific techniques of immobilisation in traumatology
8. Applies first aids techniques: over bleeding, shock and burn skin situations

#### Prerequisites

Before the course unit the learner is expected to be able to:

1. Histology, anatomy, biomechanics
2. Sports coaching

#### Course contents

Hygiene; Traumatology; Sports injury; Injury mechanism; First aids; Prevention and rehabilitation of sport injury

#### Course contents (extended version)

1. Hygiene
  - Principals
  - Sport infectious pathology
  - Sports medical exam and legal implications
2. Traumatology
  - Definitions
  - Basic principals of prevention and treatment
3. Sports injury
  - Definitions
  - Characterization
  - Classification
  - Descriptive epidemiology
4. Injury mechanism
  - Physiological principals
  - Acute and chronic injuries
  - Psychological recovery
  - Flexibility
  - Right posture
  - Prevention and rehabilitation of sport injury strength program
5. Basic principals of First aids
  - Lateral position
  - Heimlich maneuver
  - CPR and sports application
  - Chasms
  - Asthmatic crisis
  - Fainting
  - Shock State
  - Burns
  - Bleeding
  - Myocardial infarction and cerebral vascular accident
6. Prevention and rehabilitation of sport injury
  - Fitness tests for sports practice after injury

#### Recommended reading

1. INEM (2012): SBV sebenta. INEM
2. Gotlin, R. (2008): Sports Injuries Guidebook. Human Kinetics.
3. -Frontera, W; Dawson, D. ; Slovik, D. (2006): Exercise in Reahabilitation Medicine. Human Kinetics
4. Horta, L. (2011): Prevenção de Lesões no desporto. Texto Editores
5. -Houglum, P. (2016): Therapeutic Exercise for Atheletic injuries 4th Edition. Human Kinetics

#### Teaching and learning methods

theoretical session: lecture, research and analysis of technical and scientific papers Pratical sessions: injury diagnosis pre-hospitalar techniques; injury prevention program

#### Assessment methods

1. Continuous Evaluation - (Regular, Student Worker) (Final)
  - Intermediate Written Test - 50% (Written test)

**Assessment methods**

- Practical Work - 25% (Practical work)
  - Development Topics - 25% (Practical work with oral presentation)
2. Final exam (100%) - (Regular, Student Worker) (Supplementary, Special)

**Language of instruction**

1. Portuguese
2. Portuguese, with additional English support for foreign students.

**Electronic validation**

António Miguel de Barros Monteiro	Pedro Miguel Monteiro Rodrigues	Pedro Miguel Queirós Pimenta Magalhaes	Carlos Manuel Costa Teixeira
11-01-2024	25-02-2024	26-02-2024	27-02-2024