

## COURSE DESCRIPTION

**University:** *University of Presov*

**Faculty/university workplace:** *Faculty of Sports*

**Code:** *8KSK/JPRPO/22*

**Course title:** *First aid*

**Type, scope and method of educational activity:**

Type of educational activity: *Lecture, Seminar*

Scope of educational activity: *1,1 hour per week, 13,13 per semester*

Method of educational activity:

**Number of credits:** *4*

**Recommended semester:**

*3rd year WT*

*teacher training in physical education (TVJB)*

**Study grade:**

**Prerequisites:**

**Conditions for passing the course:**

**Form of assessment:**

**Final evaluation:**

*During the teaching part of the semester, the student will complete the following interim checks:*

- practical mastery of cardiopulmonary resuscitation, wound dressing techniques and recovery position of the person suffering from either illness or injury,*
- prepares and presents a seminar paper on the assigned topic.*

*During the exam period, students pass the exam.*

*In compliance with the Study Regulations of the University of Prešov (2018):*

- student's attendance at face-to-face classes is compulsory (unexcused absence from such classes is assessed as a failure to meet the requirements for successful completion of the course),*
- during the exam period, the student is entitled to one regular and two extra dates for taking the exam,*
- the final grade of the course is determined by a grading scale consisting of six grades with success criteria for each grade as follows: A (excellent): 100.00 - 90.00 %; B (very good): 89.99 - 80.00 %; C (good): 79.99 - 70.00 %; D (satisfactory): 69.99 - 60.00 %; E (sufficient): 59.99 - 50.00 %; and FX (inadequate): 49.99 % or less.*

*The student will receive credits for the course with a grade of A - E.*

**Learning outcomes:**

*If successfully completed the course, the student will acquire the following:*

*Knowledge:*

- define first aid procedure,*
- justify the rescue chain procedure - immediate assistance given to person suffering from either illness or injury,*
- characterize the symptoms of individual health disorders,*
- explain the first aid procedure for individual health disorders.*

*Skills:*

- assess the state of consciousness, respiratory rate, pulse rate and external bleeding of the*

*injured person,*

- *perform cardiopulmonary resuscitation in an adult and a child,*
- *to provide first aid in life-threatening conditions, sudden health disorders and injuries also physical activity-related injuries,*
- *choose the right recovery position for the person with health disorders,*
- *immobilize the injured body part and promote wound dressing technique.*

*Competencies:*

- *apply the acquired knowledge to sports practice in sudden health disorder or injury, in the prevention of sports injuries and in the prevention of heat injuries when performing physical activity in adverse climatic conditions,*
- *provide first aid in life-threatening conditions, save human life and reduce the risk of complications.*

### **Course content:**

*Definition of first aid. General first aid principles. The rescue chain procedure.*

*Life-threatening conditions - unconsciousness, respiratory and circulatory arrest, shock and major external bleeding.*

*Cardiopulmonary resuscitation procedure in adults and children.*

*Basic first aid procedures for the following health disorders:*

- *Shock. Anti - shock measures.*
- *Bleeding.*
- *Spinal injury.*
- *Chest injury.*
- *Injuries – burns and frostbite.*
- *Mechanical injuries - sprains, dislocations and fractures.*
- *Heat injuries - hypothermia, heatstroke and overheating.*
- *Wounds.*
- *Drowning.*
- *Electric shock and lightning.*

*Sudden health disorders - fainting, epileptic seizure, acute myocardial infarction, hypoglycemia, stroke.*

*Pathology of sports, injuries in sport.*

*Practical part of seminars:*

*Cardiopulmonary resuscitation training. Recovery position. Wound dressing technique.*

*Application of first aid principles in specific model situations.*

### **Recommended literature :**

*ŠANTA, M. a kol., 2006. Prvá pomoc. Martin: Osveta. ISBN 80-8063-207-3.*

*DOBIÁŠ, V., 2006. Urgentná zdravotná starostlivosť. Martin: Osveta. ISBN 80-8063-214-6.*

*MATÚŠ, I., 2016. Základy prvej pomoci [online]. Prešov: Prešovská univerzita. ISBN 978-80-555-1654-7. Dostupné z: <http://www.pulib.sk/web/kniznica/elpub/dokument/MatusI>.*

### **Notes:**

*Student's workload distribution: total workload = 120 hrs.*

- *contact teaching: 20 hrs.*
- *self-study and training of cardiopulmonary resuscitation, recovery position and wound dressing technique: 5 hrs.*
- *preparation for seminars - application of first aid principles in specific model situations: 15 hrs.*
- *elaboration and presentation of a seminar paper in the range of 3 pages: 20 hrs*
- *self-study for the exam: 60 hrs.*

*Completion of the course for a student with specific needs is modified in accordance with the recommendation of the faculty coordinator for students with specific needs.*

**Course evaluation:**

Total number of students evaluated: 189

A	B	C	D	E	FX
3%	11%	18%	23%	37%	9%

**Lecturers:**

*prof. PaedDr. Jaromír Sedláček, PhD., guarantor*

*MUDr. Bibiana Vadašová, PhD., univer. docent, co-guarantor, lecturer, examiner, seminary supervisor*

**Date of last change:** 01.09.2023

**Approved by:** *prof. PaedDr. Jaromír Sedláček, PhD.*