

Course Unit: **CourseCodes** – Trauma and First Aid

Year 1 Semester 2 ISCED Code: 720 ECTS: 4

Type of Course Unit: Compulsory **Delivery Mode:** Face-to-face

Language of Instruction: Portuguese

COURSE COORDINATOR: Maria Margarida da Palma Goes

HOURS OF WORK

TOTAL HOURS	Contact Hours								Hours in autonomous work
	Theory	Theory and practice	Practical and laboratory work	Field work	Seminar	Internship	Tutorial guidance	Other	
100	20	15	10						55

Prerequisites (if applicable): <<Max 500 characters with spaces>>

LEARNING OUTCOMES (knowledge, skills and competence)

At the end of this course unit, the students should be able to:

1. Assess and interpret vital signs: temperature, respiration, pulse and blood pressure (normal and altered patterns of vital signs).
2. Learn about the basics of first aid.
3. Identify the main risk factors of the most common traumatic and sports injuries.
4. To recognize the main signs and symptoms of the most common traumatic and sports injuries;
5. Evidence analysis capabilities, selection and use of information for the development of injury prevention programs, applicable to different sports modalities;
6. Show skills of observation and interpretation of the accident and the victim in order to intervene effectively and efficiently, until the arrival of differentiated aid.
7. Develop analytical skills, reasoning and problem solving, enabling it to act in practical context in an integrated manner with other technicians, in an interdisciplinary environment.

CONTENTS

- (i) Vital Signs (Main vital signs to be monitored: temperature, respiration, pulse and blood pressure. Normal and abnormal patterns of vital signs).
- (ii) First Aid (Objectives of first aid care. First aid kit: basic equipment).
- (iii) Traumatology and Sports Injuries (Main musculoskeletal injuries in physical activity: definition, concepts, characterization and classification. Basic principles on prevention and intervention).
- (iv) Health and Sports (Hygiene and health. Hygiene applied to sports. Hygiene and basic care in sports).
- (v) Basic Life Support (BLS) and First Aid in the Context of Sports Activity (General concepts of BLS. Security in BLS. Sequence of BLS maneuvers. Lateral security position, context and execution. Maneuvers to unblock respiratory tract, context and execution).

DEMONSTRATION OF THE CONTENTS COHERENCE WITH THE COURSE UNIT'S LEARNING OUTCOMES

The learning outcomes listed in 1 are covered by part (i) of the course syllabus.

The learning outcomes listed in 2 are covered by part (ii) of the course syllabus.

The learning outcomes listed in 3 and 4 are covered by part (iii) of the course syllabus.

The learning outcomes listed in 5 are covered by parts (iii) and (iv) of the course syllabus.

The learning outcomes listed in 6 are covered by parts (i), (ii) and (v) of the course syllabus.

The learning outcomes listed in 7 are covered by all parts of the course syllabus, in practical classes held in a laboratory environment.

Therefore, the UC syllabus is consistent with the course unit's learning outcomes, allowing to reconfigure them in skills, providing the students the adequate professional competence related to the provision of first aid care and injury's prevention arising from the sport activity practice

TEACHING METHODOLOGIES

The teaching is divided into expository teaching (theoretical and theoretical-practical) and interactive teaching. The theoretical expository teaching takes place at the classroom, where the teacher presents orally the course syllabus, supported by the use of audiovisual media (slides and teaching videos). The theoretical-practical teaching exhibition takes place at the classroom, where students present and discuss their practical works. The interactive teaching takes place in a laboratory environment, where students interact with first aid equipment in a simulated response to real situations (simulations in real life).>

DEMONSTRATION OF THE COHERENCE BETWEEN THE TEACHING METHODOLOGIES AND THE LEARNING OUTCOMES

The main learning outcomes listed in parts 1 to 4 of the course syllabus are obtained in theoretical classes, where the teachers presents the course syllabus, employing the use of powerpoint presentations. The reinforcement of these learning outcomes is made in theoretical-practical classes with the presentation of learning videos.

The main learning outcomes listed in parts 5 and 6 of the course syllabus are achieved in theoretical-practical lessons, with the presentation of learning videos, as well as with oral presentation and discussion of group works.

The reinforcement of learning outcomes listed in parts 5 and 6, as well as the totality of those listed in part 7 of the course syllabus, is achieved with interactive teaching, taking place in a laboratory environment, where students interact with first aid equipment in a simulated response to real situations (simulations in real life). The students' responsiveness is observed in these laboratory classes.>

EVALUATION METHODS

Continuous evaluation:

-Individual written test;

-Work practical group.

MAIN BIBLIOGRAPHY

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