

26344 - Physical-Sports Practice: Safety, Prevention and First Aid

Syllabus Information

Academic year: 2023/24

Subject: 26344 - Physical-Sports Practice: Safety, Prevention and First Aid

Faculty / School: 229 - Facultad de Ciencias de la Salud y del Deporte

Degree: 295 - Degree in Physical Activity and Sports Science

ECTS: 6.0

Year:

Semester: First semester

Subject type: Optional

Module:

1. General information

The main objectives of the subject are two, the first, to know how to apply a preventive measure before the injury appears, by understanding the safety rules of sports facilities, and knowing the mechanism of production of injuries. The second, once the injury appears, to apply correct first aid to facilitate its resolution and avoid sequelae.

These approaches and goals are aligned with the following Sustainable Development Goals (SDGs) of the United Nations Agenda 2030 (<https://www.un.org/sustainabledevelopment/es/>), such that the acquisition of the subject learning results provides training and competence to contribute to some extent to their achievement:

Goal 3: Health and wellness

Goal 4: Quality education

Goal 5: Gender equality

Goal 17: Alliances to achieve objectives

2. Learning results

In order to pass this subject, the students shall demonstrate they has acquired the following results:

-Recognize the safety conditions of a sports facility and auxiliary spaces, regardless of whether it is indoors or outdoors. Know how to apply the necessary modifications when these installations do not comply with safety standards.

-Identify a situation with an urgent risk for the person performing a physical activity and know how to apply first aid at all times until the arrival of emergency services

- Define sports injury. -Classify and describe the intrinsic and extrinsic factors in the production of injuries.

- Establish guidelines for general prevention in the practice of physical activity and specific prevention in certain sports due to the risk of specific injuries. -Know the different types of sports protection.

3. Syllabus

BLOCK I SAFETY:

- Orientation, protection and sanitation of the sports area.

- Types of sports flooring and the conditions it must meet.

- Safety spaces: height of ceilings and exterior strips, interior finish, lighting and ventilation, equipment and apparatus.

- Auxiliary spaces: entrance and accesses, changing rooms and nursing service. Hygiene and maintenance.

BLOCK II PREVENTION:

- Sports injury. Intrinsic and extrinsic factors in the production of injuries. Objective and criteria of sports protection.

- Injuries due to trauma. Abuse syndromes. Prevalence of sports injury.

- Specific injuries of upper and lower extremities. Spinal cord injuries. Primary prevention of sports injury.

BLOCK III FIRST AID:

- General action in an emergency situation.
- Origin and management of cardio-respiratory arrest. Cardiovascular system emergencies.
- General action to be taken in the case of a person with unwitnessed loss of consciousness. The diabetic athlete.
- Neurological emergencies: Trauma, convulsions and cerebrovascular accidents.
- Injuries. Contusions. Blisters. Disinfection and sterilization methods. Communicable diseases in the sport.
- Types of extremity trauma and first aid action.
- Thoracic and abdominal first aid.
- Disorders caused by excessive heat and cold. Drowning or asphyxiation by immersion. Burns.
- Concept and causes of anaphylaxis. Mild and severe anaphylactic reactions.
- Water rescue **(two practices will be performed in swimming pool)**

4. Academic activities

- **Lectures:** sessions with the teacher in which the subject matter will be explained: 30 hours
- **Problems and cases:** sessions to solve practical cases presented by the teacher, practical sessions , laboratory: 54 hours
- **Study:** 87 hours
- **Assessment tests.** 6 hours

5. Assessment system

CONTINUOUS ASSESSMENT

Global theoretical test (40%): a global test will be carried out in the official call, in person, which will consist of a theoretical test, which represents 50% of the final grade.

Performance of activities and simulations in practices (15%): During the practices of the subject, we will propose different activities and simulations related to each of the three blocks of the subject (safety, prevention and first aid) that will be evaluated by the faculty. These activities will account for 30% of the final grade of the subject.

Global practical test (20%): A practical exam will be carried out in the official, face-to-face call in which the student must demonstrate that the practical knowledge necessary to pass the subject has been acquired.

Group work on safety, prevention and treatment of injuries in a specific sport (25%): A paper on one of the topics developed during the term with a predefined structure will be available. The student will have a rubric for grading the work that **will** be in the Moodle of the subject. The work will be presented orally in the last theoretical classes of the subject..

In order to access this evaluation modality, the following requirements must be met:

- 1) Compulsory attendance to the practical classes: a maximum of 2 practical classes may be missed and in no case may they coincide with the practices in which simulations are carried out.
- 2) Obtain a grade higher than 5 in the written evaluation test, as well as in the practical activities and simulations, and in the group work

OVERALL EVALUATION:

Global theoretical test (60%): a global test will be carried out in the official call, in person, which will consist of a theoretical test, which represents 60% of the final grade.

Global practical test (20%): A practical exam will be carried out in the official, face-to-face call in which the student must demonstrate that the practical knowledge necessary to pass the subject has been acquired.

Individual work on safety, prevention and treatment of injuries in a specific sport (20%): A paper on one of the topics developed during the term with a predefined structure will be available. The student will have a rubric for the grading of the work that will be in the Moodle of the subject.

The numerical grade will be expressed in the following range: - From 0 to 4.9: Fail (S); 5.0 to 6.9: Pass (A); from 7.0 to 8.9: Notable (N); from 9.0 to 10: Outstanding (SB). Honours may be awarded to students who have obtained a grade equal to or

higher than 9.0.