

BACHELOR DEGREE
PHYSICAL THERAPY
2ND YEAR OF STUDY, 2ND SEMESTER

COURSE TITLE	EDUCATION FOR HEALTH AND FIRST AID
COURSE CODE	SL1113216
COURSE TYPE	tutorial
COURSE LEVEL	1 st cycle (bachelor's degree)
YEAR OF STUDY, SEMESTER	2 nd year of study, 2 nd semester
NUMBER OF ECTS CREDITS	5
NUMBER OF HOURS PER WEEK	4 (2 lecture hours + 2 seminar hours)
NAME OF LECTURE HOLDER	PUNI RAREȘ-ALEXANDRU
NAME OF SEMINAR HOLDER	PUNI RAREȘ-ALEXANDRU
PREREQUISITES	Advanced level of English
A	GENERAL AND COURSE-SPECIFIC COMPETENCES
	<p>General competences:</p> <ul style="list-style-type: none"> → Modular design (Kinetotherapy and special motor skills) and planning the basic contents of the field with interdisciplinary orientation → The assessment of physical growth and development and the quality of the motor according to the specific requirements / objectives of the physical therapy, the attitude towards the independent practice of the physical exercise → Description and demonstration of specific operational systems for physical therapy, by age groups → Evaluation of the level of training of practitioners of physical education and sports activities <p>Course-specific competences:</p> <ul style="list-style-type: none"> → Organization of physical and sports education activities for people of different ages and levels of training under qualified assistance conditions, respecting the rules of professional ethics and deontology → Fulfillment of efficient and effective work tasks for organizing and conducting sports activities
B	LEARNING OUTCOMES
	<ul style="list-style-type: none"> → Carrying out a sanitary education of students and implementing basic first aid concepts. → Creating proper eating habits in accordance with the specific needs of physical activities. → Acquiring some notions of body warming and the possibilities of disease prevention. → The dosage of the physical effort according to the possibilities of the adaptation body. → Acquiring first aid maneuvers specific to the field of activity.
C	LECTURE CONTENT
	<ul style="list-style-type: none"> - Definition, objectives, purpose and tasks of the discipline. - The influence of the environment on the growth, development of the organism, on the state of health - Food hygiene - the basic principles - hydration - Food principles - carbohydrates and proteins - Dietary principles - lipids and vitamins - The mechanisms of thermoregulation and tempering - Effort recovery and dietary supplementation - Prevention of accidents specific to the field - Theoretical elements of cardio-respiratory resuscitation and Heimlich maneuver - Contusions, wounds and bleeding - Sprains, dislocations and fractures - Cranio-cerebral trauma: definition, mechanisms of production, diagnosis, first aid - Poisons and burns - Effort pains: definition, diagnosis, prevention method
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

	<ul style="list-style-type: none"> • 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: 150720888
E	SEMINAR CONTENT
	<ul style="list-style-type: none"> • The influence of environmental factors on the body • Drug poisoning • Acute fatigue and recovery after exertion • Food principles • First aid in case of burns • Food supplements and effort supporters • Doping • Cardio-respiratory resuscitation maneuvers • Cardio-respiratory resuscitation maneuvers • First aid in case of bitten wounds • Heimlich maneuver • Bandages, compresses and workshops • First aid for spinal cord injury
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: 150720888
G	EDUCATION STYLE
LEARNING AND TEACHING METHODS	Interactive lectures, explanation, demonstrations, viewing material and so on
ASSESSMENT METHODS	Practical and teoretical evaluation
LANGUAGE OF INSTRUCTION	English