

## ATHLETE HEALTH VE FIRST AID

1	Course Title:	ATHLETE HEALTH VE FIRST AID
2	Course Code:	AEB3011
3	Type of Course:	Compulsory
4	Level of Course:	First Cycle
5	Year of Study:	3
6	Semester:	5
7	ECTS Credits Allocated:	2.00
8	Theoretical (hour/week):	2.00
9	Practice (hour/week):	0.00
10	Laboratory (hour/week):	0
11	Prerequisites:	None
12	Language:	Turkish
13	Mode of Delivery:	Face to face
14	Course Coordinator:	Doç. Dr. EGEMEN DERE
15	Course Lecturers:	Prof. Dr. Ferda ARI
16	Contact information of the Course Coordinator:	Fen Edebiyat Fakültesi Biyoloji Bölümü edere@uludag.edu.tr
17	Website:	
18	Objective of the Course:	To provide basic knowledge about first aid skills that can be done until emergency assistance is provided in any sports injury or in special circumstances. It is to help students to receive first aid certificate.
19	Contribution of the Course to Professional Development:	This course educates the student who receives coaching training about health and injuries that he may encounter throughout his life. Provides information on first aid for both himself and the athletes he coaches. It teaches first aid practices in the gym and in the field, and ensures preparation as a good coach regarding health and sports injuries
20	Learning Outcomes:	
	1	Have knowledge about sports injuries and prevention.
	2	Knows how to behave in organ injuries specific to organ systems
	3	Gains practical knowledge about what can be done to the patient or injured as first aid.
	4	Gains the ability to maintain vital functions until medical assistance
	5	Learn the application of winding techniques in fractures, dislocations and sprains.
	6	The coma knows what it can do about fainting and shock.
	7	Knows first aid in heart attack, diabetes and epilepsy
	8	learns patient and injured handling techniques
	9	
	10	
21	Course Content:	
	<b>Course Content:</b>	
Week	Theoretical	Practice
1	Sports injuries and prevention of sports injuries	

2	First aid basic applications, First aid features	
3	Evaluation of crime scene, Human body, basic structures, systems, Evaluation of patient / injured (first and second evaluation)	
4	Consciousness disorders (coma, fainting) assessment of consciousness and respiration, cardiopulmonary resuscitation (CPR)	
5	Water and gas drowning, first aid in respiratory blockage,	
6	First aid in shock and bleeding	
7	Injuries; First aid app in chest, abdomen, skull injuries.	
8	Crashes and sinking of the body	
9	Heat balance disturbances (heat stroke and frosts)	
10	First aid application in fractures, dislocations, sprains	
11	Winding techniques	
12	Other emergencies; heart operation, heart attack, diabetes, epilepsy	
13	Poisonings, bites and animal stings	
14	Patient and injured transport techniques	

22	Textbooks, References and/or Other	Health Awareness and First Aid in Sport 117 Ezi Öğüz		
Activites		Number	Duration (hour)	Total Work Load (hour)
Theoretical		14	2.00	28.00
23	Assesment			
Practicals/Labs		0	0.00	0.00
Self study and preperation		R	0	0.00
Homeworks		10	1.00	10.00
Quiz Projects		8	20.00	0.00
Field Studies		10	2.00	20.00
Final Exam				
Midterm exams		1	60.00	1.00
Others		0	0.00	0.00
Contribution of Term (Year) Learning Activities to Final Exams		40.00	1.00	1.00
Total Work Load				60.00
Contribution of Final Exam to Success Grade		60.00		2.00
Total work load/ 30 hr				
ECTS Credit of the Course				2.00
Measurement and Evaluation Techniques Used in the Course		Test and classic question and answer and oral evaluation for practice		

## 24 ECTS / WORK LOAD TABLE

25	CONTRIBUTION OF LEARNING OUTCOMES TO PROGRAMME QUALIFICATIONS															
	PQ1	PQ2	PQ3	PQ4	PQ5	PQ6	PQ7	PQ8	PQ9	PQ10	PQ11	PQ12	PQ13	PQ14	PQ15	PQ16
ÖK1	1	4	1	0	0	4	0	0	0	1	0	0	1	0	0	0
ÖK2	0	4	1	0	0	4	1	0	0	0	0	0	1	0	0	0
ÖK3	1	4	1	3	3	4	0	0	0	0	2	0	1	0	0	0

ÖK4	0	4	1	0	0	4	4	0	0	0	0	0	1	0	0	0
ÖK5	0	4	1	0	0	4	0	0	0	0	0	0	1	0	0	0
ÖK6	0	4	1	0	0	4	4	0	0	0	0	1	1	0	0	0
ÖK7	0	4	1	0	0	4	0	0	0	0	0	1	1	0	0	0
ÖK8	0	3	0	0	0	5	0	0	0	0	0	0	0	1	0	0
LO: Learning Objectives    PQ: Program Qualifications																
Contribution Level:	1 very low			2 low			3 Medium			4 High			5 Very High			