

HEALTH OF ATHLETES AND FIRST AID

1	Course Title:	HEALTH OF ATHLETES AND FIRST AID
2	Course Code:	AEB1006
3	Type of Course:	Compulsory
4	Level of Course:	First Cycle
5	Year of Study:	1
6	Semester:	2
7	ECTS Credits Allocated:	4.00
8	Theoretical (hour/week):	2.00
9	Practice (hour/week):	2.00
10	Laboratory (hour/week):	0
11	Prerequisites:	no
12	Language:	Turkish
13	Mode of Delivery:	Face to face
14	Course Coordinator:	Okutman İSMAIL BURAK YİĞİTDİNÇ
15	Course Lecturers:	
16	Contact information of the Course Coordinator:	burakyd@uludag.edu.tr 0 224 294 06 92 Uludağ Üniversitesi Eğitim Fakültesi Beden Eğitimi ve Spor Bölümü Görükle Kampüsü Bursa
17	Website:	
18	Objective of the Course:	The purpose of this course: to make the definition of health and health information. Examine factors that affect health. Explain the objectives of health education. Personal care and explain the importance of prevention. To teach the recognition and prevention of infectious diseases. Give useful information about vaccines. Maternal and child health issues to inform, demonstrate applications of the measurement of blood pressure. Provide information about environmental health. To the definition of first aid. Injury, freeze, burn, heat stroke, poisoning, choking, fractures, dislocations, such as respiratory and cardiac arrest cases to teach first aid and pre-treatment techniques. Primary and secondary education institutions, student teachers from the traffic issue and ensure that first aid knowledge and skills to tell in class.
19	Contribution of the Course to Professional Development:	
20	Learning Outcomes:	
	1	Understand the importance of information about health.
	2	Learn the ways of prevention of infectious diseases, enable information.
	3	Equipped to measure blood pressure and body temperature.
	4	Understands the importance of the function and first aid.
	5	First Aid allows you correctly uses materials
	6	Know the basic principles of First Aid
	7	Can do first aid in accidents.
	8	Can do first aid in case of illness.
	9	Teach basic first aid techniques.
	10	Know and be taught basic handling techniques.

21	Course Content:			
	Course Content:			
Week	Theoretical	Practice		
1	Course objectives, purpose and achievements of students. The importance of Health and First Aid course. Explanation of the shape of the curriculum and assessment. Definition of health and health information. Definition of First Aid. Health and First Aid training, and methods useful purpose.	characteristics of first aid		
2	Skin structure, functions, vesicant agents, bathrooms, face, hands, feet, hair, ears, nose, throat, eyes, mouth and dental care. Infection, the definition, classification, formation, the factors that influence the formation of infection-related factors in the formation of the society and the creature.	face, hands, feet, hair,		
3	Make transmission of infectious diseases and epidemics. Principles of treatment of infectious diseases. Infectious diseases, influenza, measles, mumps, measles, chicken pox about the diagnosis, prevention, treatment, and useful information. Infectious diseases of epidemic meningitis, erysipelas, cholera, measles, scarlet fever, diphtheria, whooping cough, polio, rabies, tetanus, typhoid, leptospirosis on the diagnosis, prevention, treatment, and useful	ears, nose, throat, eyes, mouth and dental care.		
Activites		Number	Duration (hour)	Total Work Load (hour)
Theoretical	viral hepatitis, tuberculosis, tapeworm, hydatid cyst, Askariyaz, enterobiasis,	14	2.00	28.00
Practicals/Labs		14	2.00	28.00
Self study	gonorrhea, AIDS diagnosis, prevention, treatment, and useful information. Infectious	12	5.00	60.00
Homeworks		0	0.00	0.00
Projects	classification, and routes of administration of	0	0.00	0.00
Field Studies		0	0.00	0.00
Midterm Exams	side effects and toxic effects.	1	3.00	3.00
Others		0	0.00	0.00
Final Exams	main types of vaccine. where the vaccine can not be done. Vaccination schedule in our	1	3.00	3.00
Total Work Load				122.00
Total work load/ 30 hr				4.07
ECTS Credit of the Course				4.00
	measures to be taken to reduce maternal and child deaths. Definition and importance of family planning. Pregnancy, childbirth and some information about birth control methods.			
6	Structure and function of blood. Blood transfusion. Blood groups. Rh factor. Water chemical, bacteriological and biological causes of pollution.	Characteristics of healthy drinking water. Household water disinfection conditions.		
7	Blood pressure and body temperature measurement. Use of a sphygmomanometer.	Blood pressure and body temperature measurement. Use of a sphygmomanometer.		
8	First Aid Initiatives. Principles of First Aid. 1) Securing victim. 2) review the status of victim. 3) Emergency notification team. and the stretcher to transport construction)	Using a thermometer.		

9	4) Animation, start to interfere with life saving. 5) providing the continuity of life. 6) Transportation. (general transport policies, with a stretcher	2) review the status of victim. 4) Animation, start to interfere with life saving. 6) Transportation. (general transport policies, with a stretcher and the stretcher to transport construction)
10	Materials must have a first aid bag. Schools and sports facilities, first aid room should be included in the creation and materials.	The introduction of materials.
11	Cleaning of wounds. (Dressing) Dressings and their intended use. Pre-treatment methods as a first aid application.	Dressing application.
12	Sprains, fractures and dislocations First Aid. Bandage, bandage materials and their uses. Atel and their intended use. (arm, leg, wrist, ankle, finger regions) Poisoning first aid. Cold injuries, first aid.	Compression applications. Taping applications.
13	Drown in water first aid Bleeding nose first aid. Ear injuries, first aid. Insect bites and stings, bites of poisonous animals and animal first aid. Hysteria, hiccups, vehicle motion sickness, first aid retention in the sea.	Drown in water rescue and first aid applications.
14	Burns first aid. The sun burns first aid. Eye injuries, first aid. Oral first-aid injuries. Aid from the shocks of the larynx. Bayımlarda first aid. First aid in the crisis of epilepsy. First aid diabetes coma. Spinal injuries in first aid and transport, rib fractures, and first aid. Lightning and electric shock first aid. Traffic accidents, first aid and removal from the vehicle. Aid a foreign body airway obstruction in children and adults. Examination of Traffic and First Aid course curriculum in primary schools.	Transport spine injuries. First-aid applications, foreign body airway obstruction in children and adults.

22	Textbooks, References and/or Other Materials:	<p>Oğuz Kanbir 'Sporda Sağlık Bilinci ve İlk Yardım' 2002 Referanslar:</p> <p>1) Prof. Dr.DİRİCAN Rahmi 'Toplum Hekimliği (Halk Sağlığı Dersleri)' 1990</p> <p>2) Prof. Dr.KURAL Nurdan, Yrd. Doç. Dr. POLAT Zeynep 'Sağlık Bilgisi ve İlk Yardım 1998</p> <p>3) HOVARDAOĞLU Ayşen, ŞENOC AK Leyla 'Meslek esasları ve teknikleri'</p> <p>4) ETİZ Sait, KILIÇ Levend Halk Sağlığı ve Epidemiyoloji Açıköğretim Fak. Yayınları</p> <p>No:357 Eskişehir Kasım 1998</p> <p>5) GÖRAK Gülay, ŞAĞAŞER Sevim, ÜNLÜ İlhan Epidemiyolojiye Giriş ve Enfeksiyon Hastalıkları Açıköğretim Fak. Yayınları No:261 Eskişehir Kasım 1998</p> <p>6) VARGAN Nezi (editör) Çevre Sağlığı, Anadolu Üniversitesi Açık Öğretim Fak. Yayınları</p> <p>Yayın no:359,EskişehirAralık1999</p> <p>7) Prof. Dr. Ç. GÜLER, Dr. S. A. VAİZOĞLU Kaynak: Prognoz dergisi cilt 1, sayı 1,</p> <p>8) YÜCETİN Levent(editör) Organ nakli koordinasyonu el kitabı Akdeniz Üniversitesi.</p> <p>9) W.LAND,J.B. DOSSETOR,Türkçe çeviri Ekrem Erek Organ Naklinde Ahlak Adalet</p> <p style="text-align: right;">Ticaret</p>
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Springer-Verlag Nobel tıp kitapları 1994
 10) Sağlık Bakanlığı Web sayfası www.saglik.gov.tr
 11. Arama Kurtarma Eğitim Semineri Notları(7-10 Ekim 1999 Bolu)
 12. BOZKURT, Veysel. Deprem ve Toplum, 2000 Bursa
 13. Roche Yayını "İlk yardım"
 14. Dr. Süleyman GÖKÇEN "Temel İlk yardım"İnternet Sitesi
 15. "JISHIN NO CHIE 119" (DEPREM ÖNERİLERİ 119) Adlı Obunsha Publishing Company'nin yayınladığı 1995 Baskılı kitabın çevirisi "DEPREM OLURKEN NASIL DAVRANMALI ?" adı altında İnşaat Mühendisleri Odası Adana Şubesi tarafından 1998 yılında yayınlanmıştır. Japonca-İngilizce çeviriyi Hideaki Komiya, İngilizce-Türkçe çeviriyi Nejat BAYÜLKEN
 16. İstanbul Büyük şehir Belediyesi'nin, depreme karşı alınabilecek tedbirler hakkındaki broşürleri.1999
 17. YİĞİTDİNÇ, İsmail, Burak. Doğal Afetlerde Arama Kurtarma, Yayınlanmamış Ders Notları. 2000
 18. OCİT İnternet sayfası "İlk yardım"
 19. YURTKURAN, Mustafa. "Kayakta Soğuk Yaralanmaları", Kardelen-Bülten, KAD Yayını, S. 3, Bursa 1994.
 20. DSİ Nilüferspor "Yayınları Doğru Yüzme",86 Bursa
 21. İlk yardım El Kitabı, Çev: Kütevin E. ,Kütevin Z. İnkılap Kitapevi, İstanbul 1990
 22. ERKAN, N. "İlk yardım Can Desteği", Alfa-Basım Yayın Dağıtım, İstanbul 1995
 23. KAMBİR, Oğuz. Sporda Sağlık Bilinci ve İlk yardım , Ekin Kitapevi Bursa 2000
 24. AĞDEMİR,S TAKTAK,A GÜRBÜZ,A ŞEKER,Ş DOĞAN,D DOĞAN,M KAZCI,H KİBAROĞLU,Ö Trafik ve İlk yardım 6 Milli Eğitim Basım Evi- İstanbul 2000
 25. AĞDEMİR,S TAKTAK,A GÜRBÜZ,A ŞEKER,Ş DOĞAN,D DOĞAN,M KAZCI,H KİBAROĞLU,Ö Trafik ve İlk yardım 8 Milli Eğitim Basım Evi- İstanbul 2001
 26. HAŞÇELİK Z, DORAL MN, ERGUN N, GÜLER F, ÇELİKER R, Spor yaralanmaları, korunma yolları ve tedavi ilkeleri, Anadolu Üniversitesi yayını, No: 585, 1993.
 27. GRIFFITH W, Spor Sakatlıkları rehberi, Çev. Şamil Erdoğan, 2000.
 28. HEIPERTZ W, Spor Hekimliği, 1985
 29. PETERSON, L., RENSTRÖM, P. Spor yaralanmaları ve tendon hastalıkları, 1995.
 30. PAMUK, M. Tıbbi jimnastik ve masaj, Ankara, 1977.
 31. ÖZDEMİR, E., ÖZDEMİR, AR. Hareket sisteminde Özel Fonksiyonel Anatomi. ANKARA; 1998.
 32. EKLUND, M. Spara ryggen. Stocholm, 1978.
 33. KREJCÍ, V. Sporcularda kas yaralanmaları ve tendon hastalıkları. Kırklareli, 1984.

23	Assesment	
TERM LEARNING ACTIVITIES	NUMBER	WEIGHT
Midterm Exam	1	35.00
Quiz	0	15.00
Home work-project	0	0.00
Final Exam	1	50.00
Total	2	100.00
Contribution of Term (Year) Learning Activities to Success Grade		50.00
Contribution of Final Exam to Success Grade		50.00
Total		100.00

24	ECTS / WORK LOAD TABLE
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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	4	2	0	3	4	0	0	0	0	0	0	0	0	3	0	0
ÖK2	3	0	0	5	0	0	0	0	0	0	0	0	0	0	0	0
ÖK3	0	0	0	5	0	0	0	0	0	0	0	0	0	0	0	0
ÖK4	0	0	0	5	0	0	0	0	0	0	0	0	0	0	0	0
ÖK5	4	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0
ÖK6	0	0	0	5	0	0	0	0	0	0	0	0	0	0	0	0
ÖK7	0	0	0	5	0	0	0	0	0	0	0	0	0	0	0	0
ÖK8	0	0	0	5	0	0	0	0	0	0	0	0	0	0	0	0
ÖK9	4	2	3	5	0	0	0	0	0	0	0	0	0	0	0	0
ÖK10	0	4	2	5	0	0	0	0	0	0	0	0	0	0	0	0
LO: Learning Objectives PQ: Program Qualifications																
Contribution Level:	1 very low			2 low			3 Medium			4 High			5 Very High			