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| 1. Course title: Accident prevention, First aid and Sport Hygiene | | | | | |
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| 2. Code: | | 3. Type (lecture, practice etc.): lecture, practice | | | |
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| 4. Contact hours: 2 hoursper week | | 5. Number of credits (ECTS): 2 | | | |
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| 6. Preliminary conditions (max. 3): | | | | | |
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| 7. Announced:fall semester, spring semester, both | | | | | |
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| 8. Limit for participants: 150 | | | | | |
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| 10. Responsible teacher (faculty, institute and department): **Dr. Ákos Tóth (TTK STI)** | | | | | |
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| 11. Teacher(s) and percentage: | | Dr. Ákos TÓTH | | 100 % | |
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| 12. Language:English | | | | | |
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| 13. Course objectives and/or learning outcomes:  Objectives/Learning outcomes:   * The job of trainers and sports experts is an activity performed in the interest of humans’ health. Sport activities, work-outs, competitions expose humans to a higher risk for accidents and injuries, therefore acquiring the most up-to-date first aid knowledge is of major importance for the staff working in these fields. * The objective of the course is to teach first aid, accident prevention and sports health knowledge to future trainers and sports experts. * Students will be able to save lives via Basic Life Support (BLS) in sudden cardiac arrest and – as it is expected from trainers- they will be able to provide professional first aid while waiting for the paramedics to arrive. | | | | | |
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| 14. Course outline   1. Rules of First Aid, Concept and role of First Aid, Characteristics of emergency care, Concept of High Time factor 2. Basic Life Support 3. Bleedings- internal and external bleedings, Capillary, venous and arterial bleedings, Intra-thoracic and intra-abdominal bleedings; nosebleeds, bleeding from the ears, mouth, pulmonary bleedings, gastric bleedings, etc... 4. mechanical injuries 5. Injuries to soft tissues- concept of wounds and their characteristics 6. Injuries to bones, Strains and dislocations, Concept of fracture, open and closed fractures, greenstick 7. Poisonings 8. Concept of Health Studies, concept of health, the role of PE instructors and trainers in health promotion and development 9. Salutogenesis 10. Images of the health of the Hungarian population 11. Trans-theoretical model 12. Public health-related issues of smoking and alcohol consumption 13. Dermatological and venereological diseases, with focus on diseases contracted in swimming pools and during trainings | | | | | |
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| 15. Mid-semester works  Attending lectures is highly recommended. | | | | | |
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| 16. Course requirements and grading  Demonstrating BLS is a condition of getting a grade  minimum requirement: written exam score 50 %, points in written exam I and II must reach 50%  Grades:  0–50% fail  51–65% acceptable  66–75% average  76–90% good  91–100% excellent | | | | | |
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| 17. List of readings   1. Almási Róbert: Az életmentés alapjai 2. Buda Péter: Elsősegélynyújtás (Bevezetés az oxyológiába) 3. Bíró Melinda, Tóth Ákos, Bán Sándor: Életmentés vízbőlmentés 4. Botár- Frenkl- Kereszty- Mohácsi (1999): Egészségtan-Sportegészségtan I-II. kötet, Budapest, Testnevelési Egyetem 5. Détári –Karcagi (1981): Bioritmusok. Natura 6. Csoknya, M., Wilhelm, M. (2006): Sportmozgások biológiai alapjai I. Anatómia, élettan, egészségtan. Dialóg Campus Kiadó, Budapest-Pécs 7. Dr. Tóth Ákos: Egészségtan, iskolai egészségtan Pécs, 2014, ISBN 978-963-642-645-3 8. Az oktató által kiadott aktuális könyvfejezetek, illetve saját szerkesztésű anyagok | | | | | |
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| 18. Recommended texts, further readings   1. Nagy egészségkönyv. szerkesztő: István Lajos (1991) Medicina Kiadó, Budapest 2. Szendei Á. (1980): Orvos a családban. Medicina Kiadó, Budapest | | | | | |
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| **Date 2017. 04.20.** | 13 April, 2017 | **Prepared by** |  | | |
| Dr. Tóth Ákos  responsible teacher | | |
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| **Endorsed by** | | | Dr. Váczi Márk | | |
| program supervisor | | |