

Faculty of Physical Education and Tourism

Course Unit					First Aid		
Bachelor in Physical Education					Code: I/K/25		
Year of study	Semestr	Type	Workload (hours)		Contacts hours	ECTS credits	Language of instruction
III	6	semestral	50	Lectures Problem solving	0 20	2	1. Polish 2. Polish with additional English suport for foreign students
Name (s) of lecturer (s)							
e-mail:							
Prerequisites:							
<p>Before the course unit the learner is expected to:</p> <p>Have knowledge of helping in health or life emergency.</p>							
Learning outcomes and competences							
<p>At the end of the course unit the learner is expected to:</p> <ol style="list-style-type: none"> 1. Know and understand the basics of the structure and functioning of the human body. 2. Know the rules of securing the scene of the accident, assessing the condition of the victim and providing first aid in various cases, taking into account the EU standards. 3. Be able to predict and inform about threats to life and health, behave properly in the place of accidents and provide pre-medical aid to victims. 4. Be able to act effectively in difficult situations and resolve conflicts, and in special cases use the help of experts. 							
Course contents (lectures):							
<ol style="list-style-type: none"> 1. Learning the basic behaviors during a health or life threatening situation. 2. Learning modern techniques used in modern medical diagnostics. 3. Learning the pathologies related to sports injuries and first aid at sports competitions. 							
Course contents (problem solving):							

1. Learning the basic behaviors during a health or life threatening situation.
2. Stages of providing pre-medical aid - assessment of the victim's condition.
3. Learning the basic behaviors during health or life threatening situations.
4. Cardiopulmonary resuscitation - practical classes.

Teaching and learning methods:

Methods based on the students' practical activity of direct and indirect nature (performing didactic tasks in a specific school, simulation method, drama).

Assessment methods:

1. Continuous evaluation
2. Practical Work
3. Test

Recommended reading

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| 1. | Buchfelder M., Buchfelder A.: Podręcznik pierwszej pomocy; PZWL, Warszawa 2014 |
| 2. | Dziak A., Jegier A., Nazar K., Medycyna sportowa, PZWL Wydawnictwo lekarskie, 2013 |
| 3. | Podlewski R., Stany zagrożenia życia i zdrowia, PZWL Wydawnictwo lekarskie, 2019 |
| 4. | Bhushan V., (2020) First Aid for the USMLE Step 1 2020, Thirtieth edition, MCGRAW HILL EDUCATION & MEDIC. |

Authorisation – course coordinator and course teachers (signatures):