



AYDIN ADNAN MENDERES UNIVERSITY COURSE INFORMATION FORM

Course Title		First Aid And Cardiopulmonary Resuscitation							
Course Code		SFZ527		Course Level		Second Cycle (Master's Degree)			
ECTS Credit	4	Workload	102 (<i>Hours</i>)	Theory	1	Practice	2	Laboratory	0
Objectives of the Course		To give the abilities and knowledge of the approach and first aid and cardiopulmonary resuscitation during the emergencies; which are because of the sudden sicknesses such as heart attack, diabetic coma, paralysis, epilepsy crisis and drowning, traumas, injuries which are occurred by house, work, traffic accidents, natural disaster							
Course Content		First aid basic applications, the first and second assessment, adult basic life support, children and infants in basic life support, airway obstruction, first aid, external and internal bleeding, scarring and wound types, regional injuries, head and spine fractures, first aid, upper extremity fractures, dislocations and sprains, first aid, hip and lower extremity fractures, dislocations and sprains, first aid, emergency care in patients requiring first aid, poisoning, heat stroke, burns and freezes, in inhaling first aid, emergency handling techniques, short distance speed transport techniques, creating a stretcher to transport sick or injured							
Work Placement		N/A							
Planned Learning Activities and Teaching Methods				Explanation (Presentation), Discussion, Individual Study					
Name of Lecturer(s)									

Assessment Methods and Criteria		
Method	Quantity	Percentage (%)
Midterm Examination	1	40
Final Examination	1	60

Recommended or Required Reading

1	basic first aid practices H. Fazıl İNAN Zülfıraz KURT İlknur KUBİLAY ANKARA 2011
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Week	Weekly Detailed Course Contents	
1	Theoretical	What is First Aid? What is emergency treatment? Who is the first aid?
	Practice	work on models
	Preparation Work	individual work
2	Practice	work on models
	Preparation Work	individual work
3	Theoretical	What should be taken into account during the search of 112? First aid What to do about the intervention? How should the features of a paramedic?
	Practice	work on models
	Preparation Work	individual work
4	Theoretical	What is life-saving chain? What is the ABCs of first aid? First aid and need to know what are the systems that constitute the body?
	Practice	work on models
	Preparation Work	individual work
5	Theoretical	What are areas in the body that can be pulse? Sick / injured assessment of what is the purpose? Sick / injured what are the initial evaluation stage?
	Practice	work on models
	Preparation Work	individual work
6	Theoretical	Sick / injured in the second evaluation should be how? What is the purpose of the evaluation of the crime scene? What is work to be done in the evaluation of the crime scene?
	Practice	work on models
	Preparation Work	individual work



7	Theoretical	What is respiratory and cardiac arrest? What is basic life support? Head-tilt to open the airway is how to position? How artificial respiration? How is the external cardiac massage? Children (1-8 years) Basic Life Support how can it be done?
	Practice	work on models
	Preparation Work	individual work
8	Theoretical	Infants (0-1 years) Basic Life Support HOW? What is airway obstruction? What are the symptoms of airway obstruction? In people with occlusion How to apply the Heimlich maneuver? How to apply first aid in people with partial blockage?
	Practice	work on models
	Preparation Work	individual work
9	Theoretical	What is bleeding? How many types are bleeding? First aid for bleeding What are the applications? What are the pressure points in the body to be implemented? How the application should be made in the triangular bandage bleeding?
	Practice	work on models
	Preparation Work	individual work
10	Theoretical	What is wound? How many kinds are not? What are the common symptoms of wounds? What should be the first aid for injuries? What are the serious injury?
	Practice	work on models
	Preparation Work	individual work
11	Theoretical	What is Burn? There are several different kinds of burns? What are the factors that determine the severity of the burn? How to Burn graded? What are the negative effects of burns on the body? Heat the burn first aid procedures is? Chemical burns first aid should be how?
	Practice	work on models
	Preparation Work	individual work
12	Theoretical	What is broken? How many types are broken? What are the symptoms broken? What are the negative situation could lead to broken? How it should be broken first aid? What is a sprain? What are the symptoms sprain? Sprains first aid should be how?
	Practice	work on models
	Preparation Work	individual work
13	Theoretical	Impairment of consciousness / unconsciousness is? What causes loss of consciousness? What are the symptoms of disorders of consciousness? What should be the first aid in case of disturbance of consciousness? Coma position (semi-prone position Side) how is it given? What is convulsion? what are the reasons of convulsion?
	Practice	work on models
	Preparation Work	individual work
14	Theoretical	Sick / injured in the transportation What are the general rules? What are emergency handling techniques? Dragging What are the methods? Vehicle injured in transport (RENTAK maneuver) What are the techniques in the fast moving short distances?
	Practice	work on models
	Preparation Work	individual work



Workload Calculation

Activity	Quantity	Preparation	Duration	Total Workload
Lecture - Theory	14	2	1	42
Lecture - Practice	14	1	2	42
Assignment	14	1	0	14
Midterm Examination	1	1	1	2
Final Examination	1	1	1	2
Total Workload (Hours)				102
[Total Workload (Hours) / 25*] = ECTS				4

*25 hour workload is accepted as 1 ECTS

Learning Outcomes

1	At the end of this course, students of all kinds, in the event of accidents and sudden illness, to use the emergency plan, the emergency services to get help, the basic principles of the human body, the basic principles of first aid, respiratory and circulatory problems, heart failure and airway obstruction applications will be made if, first aid knowledge and skills learn.
2	
3	
4	
5	

Programme Outcomes (Sport Physiology Interdisciplinary Master's Without Thesis)

1	Have basic general knowledge about the field of exercise physiology master program
2	Defines the systemic effects of exercise and exercise
3	To have the ability to make original work related to the field of Exercise Physiology master Program.
4	Reviews of exercise mechanisms
5	Has the ability to comply with ethical principles

Contribution of Learning Outcomes to Programme Outcomes 1:Very Low, 2:Low, 3:Medium, 4:High, 5:Very High

	L1	L2	L3	L4	L5
P1	4	5	4	5	5
P2	4	5	4	5	5
P3	4	5	4	5	5
P4	5	5	3	4	4
P5	5	4	4	4	4

