



**AYDIN ADNAN MENDERES UNIVERSITY
GRADUATE SCHOOL OF HEALTH SCIENCES
PHYSICAL EDUCATION AND SPORTS
PHYSICAL EDUCATION AND SPORTS
PHYSICAL EDUCATION AND SPORTS MASTER
COURSE INFORMATION FORM**

Course Title	Athlete Health and First Aid								
Course Code	BSÖ521	Course Level			Second Cycle (Master's Degree)				
ECTS Credit	7	Workload	176 (Hours)	Theory	2	Practice	1	Laboratory	0
Objectives of the Course	Athlete health, examination of athlete, evaluation in terms of risk factors.								
Course Content	Factors affecting the health of athletes negatively, trauma, overuse, different environments, ergogenic aids, doping, different headings such as overtraining are examined.								
Work Placement	N/A								
Planned Learning Activities and Teaching Methods	Explanation (Presentation), Demonstration, 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	Athlete Health (Nevin Atalay Güzel, Nihan Kafa) Güneş Tıp Kitabevi
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Week	Weekly Detailed Course Contents	
1	Theoretical	Risk factors for sports injuries, disability prevention
2	Theoretical	Sports injuries, importance of biomotor properties (strength, endurance, flexibility, etc.)
3	Theoretical	Sports injuries and posture disorders in women and children
4	Theoretical	Disabilities due to environmental factors, overuse syndromes
5	Theoretical	Pre-accession health assessments and athlete license reports
6	Theoretical	Rehabilitation and sport return after injury Basic concepts in first aid, assessment of the scene
7	Theoretical	Resuscitation (artificial respiration and cardiac massage)
8	Theoretical	Midterm exam
9	Theoretical	Bleeding, injuries, shock, foreign bodies into the body and cavities, poisoning, animal bites and stings first aid
10	Theoretical	First aid in fractures, dislocations and sprains, first aid at the field, splints and bandages, loss of consciousness and coma, epileptic seizure
11	Theoretical	Burns, electric and sunstroke, prenatal-prenatal-postnatal first aid
12	Theoretical	Basic life support (adult, child, infant), respiratory obstruction
13	Theoretical	Patient / injured transport techniques, some diseases (heart attack, sugar fall) in the first aid
14	Theoretical	Final exam

Workload Calculation

Activity	Quantity	Preparation	Duration	Total Workload
Lecture - Theory	14	5	5	140
Individual Work	4	4	4	32
Midterm Examination	1	1	1	2



Final Examination	1	1	1	2
Total Workload (Hours)				176
[Total Workload (Hours) / 25*] = ECTS				7
*25 hour workload is accepted as 1 ECTS				

Learning Outcomes

1	Learn about injuries due to environmental factors such as hot, cold, underwater and high altitude.
2	Have experience in overuse injuries and prevention.
3	Have an idea about sports injuries specific to various organ systems.
4	Obtains practical information about first aid on the field.
5	Develops the ability to apply by using the available facilities until providing medical assistance.

Programme Outcomes (Physical Education and Sports Master)

1	Uses application and problem solving skills in interdisciplinary studies.
2	Develops basic scientific knowledge and attitude appropriate to body and sport.
3	Interpret the results of test development and measurement for the development of individuals in physical education and sport.
4	Explains the scientific methods in physical education and sports.
5	to follow national and international developments in the field and maintain professional development.
6	Beden eğitimi ve spor örgütlerinin örgüt iklimi ve kültürünü tanımlar.

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	3	3	4	4
P2	3	4	5	5	4
P3	3	5	4	3	5
P4	5	4	4	5	4
P5	4	3	5	4	5
P6	5	5	3	4	5

