Course Title	**FIRST AID**				
Course Code	SSFAI405-1				
Course Type	PHYSICAL EDUCATION AND SPORT SCIENCE ELECTIVE				
Level	BSc (Level 1)				
Year / Semester	4th / Fall				
Instructor's Name	Dr. Panos Constantinides & Dr. Giorgos Charalambous				
ECTS	6	Lectures / week	1	Laboratories / week	2
Course Purpose	The course's purpose is to enable students to provide First Aid effectively and safely in incidents they may face at school, in the gym, and in any other place of sports/exercise. Through a variety of scenarios, students broaden their knowledge of dealing with emergencies, taking responsibility for coordinating people in the area, maintaining composure, and implementing specific protocols for each case.				
Learning Outcomes	Upon completion of the course, students will be able to: ● Describe the parts of the respiratory system and their function, distinguish, and treat urgent cases of respiratory problems such as hypoxia, drowning in adults and children (airway obstruction), choking, asthma. ● Present the parts of the circulatory system and their function and describe how to deal with emergencies such as heart attack, fainting, shock, cuts and abrasions, scalp injuries and bleeding in different parts of the body. ● Describe the basic parts of the supportive and muscular system and their function, and recognize, and treat cases of injuries, such as fractures, contusions, and sprains. ● Describe and apply primary emergency assessment, explain, and apply cardiopulmonary resuscitation (CPR) to adults and practicing children. ● Describe and implement the necessary actions in emergencies, such as traffic accidents, fires, electricity accidents, water accidents, exercise injuries and sports. ● Explain and implement the necessary actions in the case of an adult, child, or infant with loss of consciousness. ● Explain the effects of cold and heat on the human body, identify cases such as burns, dehydration, heat stroke, hypothermia, and frostbite, and describe prevention and emergency measures for these conditions.				

	● Report and implement necessary actions in an emergency, such as drowning in the adult, child and infant, fractures, burns, hypothermia, hypoglycemia, anaphylactic shock. ● Self-evaluate (reflection) the effectiveness of their response to emergencies for self-improvement purposes. ● Demonstrate leadership skills in an emergency and implement appropriate practices for immediate response.		
Prerequisites	No	Corequisites	No
Course Content	ANATOMY/PHYSIOLOGY ELEMENTS & FIRST AID 1. Respiratory system and respiratory emergencies. Parts of the respiratory system and their function. Hypoxia, choking in adults, child and infant, airway obstruction, choking, asthma. 2. Circulatory system and traumas. Parts of the circulatory system and their function. Bleeding and types of wounds, heart attack, fainting, shock, cuts and abrasions, scalp injuries, bleeding in different parts of the body. 3. Erectile and musculature system: The parts of the supportive and muscular systems and their function. Bone, muscle, and joint injuries, fractures, contusions, and sprains. Injuries to various parts of the body. FIRST AID ELEMENTS 1. Incident management. Actions in emergencies, road accidents, fires, accidents with electricity, accidents in water, injuries during exercise and sports (sprain, contusion). 2. The sufferer with loss of consciousness. Priorities for saving lives. 3. Emergency first aid. Actions in an emergency. Drowning in an adult, child, and infant. 4. Management of fractures, burns, hypothermia, hypoglycemia, anaphylactic shock. 5. Primary case assessment, CPR for adults and children and resuscitation location. 4. Effects of cold and heat. Effects of cold and heat on the human body. Burns, dehydration, heat stroke, hypothermia, and frostbite. Prevention and response to emergencies that occur in cold and hot environments.		
Teaching Methodology	Through lectures, watching short videos and practical applications in various incidents and conditions, students receive the necessary theoretical and practical background that will enable them to respond immediately and effectively to an emergency. By learning basic body systems such as respiratory, circulatory, supportive, and muscular, students' knowledge about the functioning of the human body is expanded and the process of		

	dealing with an emergency becomes easier. Students can practice in a variety of incidents, in an exercise, sports, and work environment, and receive feedback on handling each case.
Bibliography	• St. John Ambulance Association & Brigade. (2015). Πρώτες Βοήθειες (10η έκδοση, αναθεωρημένη). Ιατρικές εκδόσεις Λίτσας. • Thygerson, A.L. & Thygerson, S.M. (2011). First Aid, CPR and AED Advanced. American Academy of Orthopaedic Surgeons (AAOS), American College of Emergency Physicians (ACEP). • McMinn, R. M. & Hutchings, R.T. (2004). Ανατομία του Ανθρώπου. Αθήνα. Εκδόσεις Πασχαλίδης. • McArdle, D., Katch, I, & Katch, L. (2001). Φυσιολογία της Άσκησης – Τόμος 1 (Μετάφραση: Βασίλης Κλεισούρας). Ιατρικές Εκδόσεις Πασχαλίδης. • American Red Cross (2012). First Aid/CPR/AED Participant's Manual. Additional bibliography: • Πετρίδης Α., Ευτυχίδου Ε., & Τσόχας Κ. (2011). Πρώτες Βοήθειες. Ιατρικές Εκδόσεις Πασχαλίδης. • Delavier, F. (2012). Προπόνηση για αύξηση της μυϊκής δύναμης. Λειτουργική ανατομική των μυών. Αθήνα: Ιατρικές Εκδόσεις Πασχαλίδη. • Tortora, G. J. (2001). Ανατομία του Ανθρώπινου Σώματος –Τόμος 1 Αθήνα. Εκδόσεις Έλλην. **Websites** • European Resuscitation Council (ERC): https://www./erc.edu • World Health Organization (WHO): https://www.who.int • International Liaison Committee on Resuscitation (ILCR): https://www.ilcor.org/ • Johanniter International (JOIN): https://johanniter.org/
Assessment	• Intermediate written exam 20% • Intermediate practical exam 10% • Participation 10% • Final practical exam 30% • Final written exam 30%
Language	Greek / English