



LITHUANIAN SPORTS UNIVERSITY

STUDY MODULE PROGRAMME (SMP)

Module Code	B	710	B	059	Accredited until	2020	06	01	Renewal date		
	Branch of Science		Progr.	Registr. №.							

Entitlement

Sports Medicine, Injure Prevention and First Aid

Prerequisites

Anatomy, Physiology

Course (module) Learning Outcomes

№.	Learning Outcomes	Teaching / Learning Methods	Assessment Methods
1		Case analysis (Case study), Discussion, Interactive lecture, Literature analysis	Mid-term examination
2		Case analysis (Case study), Discussion, Interactive lecture, Reading list, Simulation (engineering, technology or process simulation)	Mid-term examination, Reporting for practice work, Test
3		Case analysis (Case study), Discussion, Exercise classes, Interactive lecture, One-to-one tutorials, Reading list, Simulation (engineering, technology or process simulation)	Mid-term examination, Reporting for practice work, Test
4		Case analysis (Case study), Discussion, Exercise classes, Interactive lecture, Reading list, Simulation (engineering, technology or process simulation)	Mid-term examination
5		Case analysis (Case study), Discussion, Exercise classes, Interactive lecture, Reading list, Simulation (engineering, technology or process simulation)	Mid-term examination, Reporting for practice work

Main aim

To provide the medical science knowledge about principles of trauma prevention, acute conditions of health disorders and first aid.

Summary

Resuscitation of children and adults. The methods of stopping of bleeding. The symptoms of injuries, acute conditions and first aid.

Level of module

Level of programme		Subject group (under the regulation of the area)
Cycle	Type	
First	Bachelor	Mokslo srities pagrindu

Group under financial classification

Syllabus

№.	Sections and themes	Responsible lecturer
1.	Children and adults resuscitation features. General condition evaluation.	
2.	Wounds and their types. Bleeding types. Dressing.	
3.	Internal bleeding. Traumatic shock: causes, symptoms and stages.	
4.	First aid of acute condition: electrical trauma, seizures, drowning, overheating, frostbite and burn.	
5.	Adults and children choking: first aid.	
6.	First aid for some of poisoning cases. Anaphylactic shock and first aid.	
7.	Sports injuries.	
8.	General symptoms of bone fracture and immobilization principles. Stress bone	

No.	Sections and themes	Responsible lecturer
	fractures.	
9.	Ligament and tendon injuries: symptoms, causes, and first aid.	
10.	Joint and muscle injuries: causes, symptoms and first aid.	
11.	Thoracic and abdominal injuries: symptoms and first aid.	
12.	First aid at head, LOR and spine injuries: causes, signs and main principles of immobilization.	

Evaluation procedure of knowledge and abilities:

References

No.	Title	Edition in Lithuanian Sports University library		In Lithuanian Sports University bookstore	Number of ex. in the methodical cabinet of the depart.
		Pressmark	Number of exemplars		
1.	Sipavičienė S. ir kiti. 2017. Funkcinės būklės vertinimas. Pirmoji pagalba.			Yes	
2.	http://www.health.harvard.edu/fhg/firstaid/firstaid.shtml			Yes	
3.	Sipavičienė S. 2012, Širdies ir kraujagyslių, kvėpavimo sistemų funkcinės būklės tyrimo metodai. LKKA			Yes	
4.	Sipavičienė S. 2007 Judėjimo ir atramos sistemos sportinės traumos ir jų prevencija. LKKA			Yes	
5.	Association between chest compression rates and clinical outcomes following in-hospital cardiac arrest at an academic tertiary hospital. Kilgannon et al. Resuscitation. 2017 Jan;110:154-161.			Yes	
6.	Duration of resuscitation efforts for in-hospital cardiac arrest by predicted outcomes: Insights from Get With The Guidelines – Resuscitation. Bradley et al. Resuscitation. 2017 Apr;113:128-134.			Yes	
7.	If there is a “time to target temperature paradox” in post-cardiac arrest care, would we know? Sawyer, Kurz. Resuscitation. 2016 Mar;88:A3-4.			Yes	
8.	Temperature Management After Cardiac Arrest An Advisory Statement by the Advanced Life Support Task Force of the International Liaison Committee on Resuscitation and the American Heart Association Emergency Cardiovascular Care Committee and the Council on Cardiopulmonary, Critical Care, Perioperative and Resuscitation. Donnino et al. Resuscitation 98 (2016) 97–104.			Yes	
9.	Genome-wide association screens for Achilles tendon and ACL tears and tendinopathy. Kim et al. PLoS One. 2017 Mar 30;12(3):e0170422.			Yes	
10.	Increased Upper Trapezius Muscle Stiffness in Overhead Athletes with Rotator Cuff Tendinopathy. Leong et al. PLOS ONE, 09 May 2016			Yes	
11.	The Effects of Hyperbaric Oxygen Therapy on Post-Training Recovery in Jiu-Jitsu Athletes. Branco et al. PLOS ONE, 09 Mar 2016			Yes	
12.	Vascular Endothelial Growth Factor Receptor-2 Polymorphisms Have Protective Effect against the Development of Tendinopathy in Volleyball Athletes. Salles et al. PLOS ONE, 08 Dec 2016			Yes	

№.	Title	Edition in Lithuanian Sports University library		In Lithuanian Sports University bookstore	Number of ex. in the methodical cabinet of the depart.
		Pressmark	Number of exemplars		
13.	The Effectiveness of Injury Prevention Programs to Modify Risk Factors for Non-Contact Anterior Cruciate Ligament and Hamstring Injuries in Uninjured Team Sports Athletes: A Systematic Review. Monajati et al. PLOS ONE, 12 May 2016			Yes	
14.	Muscle Activity Onset Prior to Landing in Patients after Anterior Cruciate Ligament Injury: A Systematic Review and Meta-Analysis. Theisen et al. PLOS ONE, 11 May 2016			Yes	
15.	Stress fracture and premenstrual syndrome in Japanese adolescent athletes: a cross-sectional study. Takeda et al. BMJ Open. 2016 Oct 18;6(10):e013103.			Yes	

Additional literature

№.	Title
1.	The Journal of Emergency Medicine http://www.elsevier.com
2.	PubMed (National Library of Medicine) http://www.ncbi.nlm.nih.gov/PubMed/
3.	The American Journal of Sports Medicine http://www.journals.sagepub.com/home/ajs
4.	Mortality Patterns in Patients with Multiple Trauma: A Systematic Review of Autopsy Studies. Pfeifer et al. PLOS ONE, 12 Feb 2016
5.	Comparative Effectiveness of Emergency Resuscitative Thoracotomy versus Closed Chest Compressions among Patients with Critical Blunt Trauma: A Nationwide Cohort Study in Japan. Suzuki et al. PLOS ONE, 14 Jan 2016
6.	Cervical Spine Injuries: A Whole-Body Musculoskeletal Model for the Analysis of Spinal Loading. Cazzola et al. PLOS ONE, 04 Jan 2017
7.	Glenohumeral Joint Kinematics following Clavicular Fracture and Repairs. Rosso et al. PLOS ONE, 06 Jan 2017

Coordinating lecturer

Position	Degree, surname, name	Schedule №.
Associate Professor	Assoc. Prof. Dr. Saulė Sipavičienė	40

Subdivision

Entitlement	Code
a	2006

Study module teaching form №. 1

Semester	Mode of studies	Structure				Total hours	Credits	
		Theory	Seminars	Lab Works	Ind. work			
A	S	D	12	14	0	104	130	5

Languages of instruction:

Lithuanian	L	English	E	Russian	R	French	F	German	G	Other	Oth.
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Plan of in-class hours

№. of Themes	Academic hours			№. of Themes	Academic hours		
	Theory	Seminars	Lab Works		Theory	Seminars	Lab Works
1.	1	2	0	7.	1	0	0
2.	1	2	0	8.	1	1	0
3.	1	1	0	9.	1	1	0
4.	1	2	0	10.	1	1	0
5.	1	2	0	11.	1	0	0

