LITHUANIAN SPORTS UNIVERSITY

STUDY MODULE PROGRAMME (SMP)

Module Code B 71			of Coionaa	Ducan	Day	090	until		Kenewai uale				
Fntit	lement	Dranci	I OI Science	Progr.	gistr. nº.	ulltil							
Sports Medicine, First Aid													
Prerequisites													
Anatomy, Physiology													
Course (module) Learning Outcomes													
№.	Learning Ou	tcomes				Teaching Methods	g / Learning	Asses	sment Methods				
1	Will be able	to use sc	ientific datab	ases.		Case ana Discussi	alysis (Case study on	/),					
2	Will be able of sudden he	to recogr alth prob	nize life-threa lems.	tening sig	ns	Case ana Discussi lecture, I	alysis (Case study on, Interactive Literature analysi	/), Mid-t exami Report work	term lination, orting for practice				
3	3 Will be able to provide first aid.						alysis (Case study on, Interactive Reading list	/), Mid-t exami Repor work	term mination, orting for practice k				
4	Will be able injury preven and injury pr	to unders ntion, mo revention	stand the prin tivate and pre program.	ciples of pare a dis	ease	Discussi classes, Reading	on, Exercise Interactive lectur list	e, Mid-te exami Report work	Mid-term examination, Reporting for practice work				
5	Will be able methods of f of body syste reducing hea	to apply, unctional ems, prop lth risks.	analyze and diagnostics oose ways and	interpret the set of the active of the set o	he vity	Discussi classes,	on, Exercise Interactive lectur	Mid-t exami e Repor work	1-term mination, porting for practice rk				
Main	n aim												
To pr disor	rovide the me ders and first	edical scie	ence knowled	ge about p	orincij	ples of tra	uma prevention,	acute condi	tions of health				
Sum	mary												
Resu	scitation of c	hildren a	nd adults. The	e methods	of sto	opping of l	bleeding. The syr	nptoms of i	njuries, acute				
Lovo	l of modulo	st ald.											
Leve	Level of pro	ogramme											
Cycl	e Tv	pe		S	Subjec	et group (u	inder the regulati	on of the ar	ea)				
First	Ba	chelor	Mok	slo srities	pagri	ndų							
Grou	ıp under finan	cial class	sification			•	_						
Sylla	lbus												
N₂. Sections and themes													
1.	1. Sports injuries. Bone fracture: causes, symptoms and first aid. Fatigue bone fracture.												
2.	Muscle, tend	lon, ligan	nent and joint	injuries:	cause	s, symptor	ns and first aid.						
3.	Thoracic and trauma: caus	d abdomi ses, signs	nal injuries: s and main pri	ymptoms nciples of	and fi immo	irst aid. Fi obilization	rst aid at head an	d spine					
4.	Children and their types. I	l adults re Dressing.	esuscitation for Traumatic sh	eatures. De	efibri	llation. Bl	eeding types. Wo	ounds and					

№.	Sections and themes	Responsible lecturer
5.	First aid of acute condition: electrical trauma, seizures, overheating, frostbite, burn, drowning and choking. Anaphylactic shock and first aid.Research and evaluation of respiratory functional status. Respiratory disorders of athlete and prevention.	
6.	Test and test evaluation of cardiovascular functional state. Athlete's heart. Athlete's cardiovascular disorders and prevention. Sudden death in sport.	
7.	Test of Nervous system functional status. Nervous system disorders of athlete and prevention. Test and evaluation methods of physical development. Sports anemia. Hematuria. Myoglobinuria.	

Evaluation procedure of knowledge and abilities:

References

		Edition in	Lithuanian	In Lithuanian	Number of
10		Sports U	Jniversity	Sports	ex. in the
JN <u>0</u> .	Titte	110	Number of	University	cabinet of
		Pressmark	exemplars	bookstore	the depart.
1	Sipavičienė S. ir kiti. 2018. Funkcinės būklės			Yes	
	vertinimas. Pirmoji pagalba.				
	A Majority of Anterior Cruciate Ligament Injuries Can				
	Be Prevented by Injury Prevention Programs: A				
2	Systematic Review of Randomized Controlled Trials			V	
Ζ.	and Cluster-Randomized Controlled I flats with Meta-			res	
	Manarage ME Am I Sports Mod. 2020 May 48(6):1505				
	1515				
	Mouthguard use in youth ice bookey and the risk of				
	concussion: nested case-control study of 315 cases				
3.	Chisholm DA, Black AM, Palacios-Derflingher L.			Yes	
	Eliason PH, Schneider KJ, Emery CA, Hagel BE, Br J				
	Sports Med. 2020 Jan 14. pii: bjsports-2019-101011.				
	Incidence of Sports-Related Traumatic Brain Injury of				
	All Severities: A Systematic Review. Theadom A,				
4.	Mahon S, Hume P, Starkey N, Barker-Collo S, Jones K,			Yes	
	Majdan M, Feigin VL. Neuroepidemiology. 2020 Jan				
	14:1-8.				
	Influence of a Field Hamstring Eccentric Training on				
5	Muscle Strength and Flexibility. Delvaux F, Schwartz			Yes	
5.	C, Decréquy T, Devalckeneer T, Paulus J, Bornheim S,			105	
	Kaux JF, Croisier JL. Int J Sports Med. 2020 Jan 14				
	Improving function in people with hip-related pain: a				
6.	systematic review and meta-analysis of physiotherapist-			Yes	
	led interventions for hip-related pain. Kemp JL, et al.				
	Br J Sports Med 2020;0:1–14.				
	Diagnosis, prevention and treatment of common lower				
	exidence: a statement paper commissioned by the				
7	Danish Society of Sports Physical Therapy (DSSE)			Ves	
/.	Ishai I Krommes K Husted RS Juhl CB Thorborg K			100	
	Br I Sports Med 2020 Jan 14 nii · hisports-2019-				
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Pressmark Number of exemplars Only Cash bookstore cash che depart. Making football safer for women: a systematic review and meta-analysis of injury prevention programmes in 11 773 female football (soccer) players. Crossley KM, et al. Br J Sports Med 2020;1-12. Yes Yes Risk Factors for Lower-Extremity Injuries Among 2020 Jan;30(1):60-66 Yes Yes Yes Effect of Injury Prevention Programs on Lower Extremity Performance in Youth Athletes: A Systematic Review. Hanlon C, Krzak JJ, Prodoehl J, Hall KD. Sports Health. 2020 Jan/Feb;12(1):12-22. Yes Yes Additional literature The Jung of Emergency Medicine http://www.elsevier.com Yes Yes 1. The Journal of Emergency Medicine http://www.journals.sagepub.com/home/ajs International Journal of Sports Medicine http://www.journals.sagepub.com/home/ajs 3. The American Journal of Sports Medicine http://www.journals.sagepub.com/home/ajs International Journal of Sports Medicine http://www.journals.sagepub.com/home/ajs 7. Sports Medicine http://www.journals.sagepub.com/home/ajs International Journal of Sports Medicine http://www.journals.sagepub.com/lome/ajs 7. The Journal of Sports Medicine http://www.journals.sagepub.com/lome/ajs International Journal of Sports Medicine http://www.journals.sagepub.com/lome/ajs 7. The American Journal of Sports Medi. 2020 Apr;30(4):689-702. <td>№.</td> <td>Title</td> <td></td> <td>lib</td> <td>orary</td> <td>Spons</td> <td>methodical</td>	№.	Title		lib	orary	Spons	methodical						
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