



LITHUANIAN SPORTS UNIVERSITY

STUDY MODULE PROGRAMME (SMP)

Module Code	B	710	B	096	Accredited until				Renewal date		
	Branch of Science		Progr.	Registr. №.							

Entitlement

Sports Medicine, First Aid

Prerequisites

Anatomy, Physiology

Course (module) Learning Outcomes

№.	Learning Outcomes	Teaching / Learning Methods	Assessment Methods
1	Will be able to use scientific databases.	Case analysis (Case study), Discussion	
2	Will be able to recognize life-threatening signs of sudden health problems.	Case analysis (Case study), Discussion, Interactive lecture, Literature analysis	Mid-term examination, Reporting for practice work
3	Will be able to provide first aid.	Case analysis (Case study), Discussion, Interactive lecture, Reading list	Mid-term examination, Reporting for practice work
4	Will be able to understand the principles of injury prevention, motivate and prepare a disease and injury prevention program.	Discussion, Exercise classes, Interactive lecture, Reading list	Mid-term examination, Reporting for practice work
5	Will be able to apply, analyze and interpret the methods of functional diagnostics of the activity of body systems, propose ways and means of reducing health risks.	Discussion, Exercise classes, Interactive lecture	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.	Sports injuries. Bone fracture: causes, symptoms and first aid. Fatigue bone fracture.	
2.	Muscle, tendon, ligament and joint injuries: causes, symptoms and first aid.	
3.	Thoracic and abdominal injuries: symptoms and first aid. First aid at head and spine trauma: causes, signs and main principles of immobilization.	
4.	Children and adults resuscitation features. Defibrillation. Bleeding types. Wounds and their types. Dressing. Traumatic shock	

№.	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

№.	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. 2018. Funkcinės būklės vertinimas. Pirmoji pagalba.			Yes	
2.	A Majority of Anterior Cruciate Ligament Injuries Can Be Prevented by Injury Prevention Programs: A Systematic Review of Randomized Controlled Trials and Cluster-Randomized Controlled Trials With Meta-analysis. Huang YL, Jung J, Mulligan CMS, Oh J, Norcross MF. Am J Sports Med. 2020 May;48(6):1505-1515.			Yes	
3.	Mouthguard use in youth ice hockey and the risk of concussion: nested case-control study of 315 cases. Chisholm DA, Black AM, Palacios-Derflinger L, Eliason PH, Schneider KJ, Emery CA, Hagel BE. Br J Sports Med. 2020 Jan 14. pii: bjsports-2019-101011.			Yes	
4.	Incidence of Sports-Related Traumatic Brain Injury of All Severities: A Systematic Review. Theadom A, Mahon S, Hume P, Starkey N, Barker-Collo S, Jones K, Majdan M, Feigin VL. Neuroepidemiology. 2020 Jan 14:1-8.			Yes	
5.	Influence of a Field Hamstring Eccentric Training on Muscle Strength and Flexibility. Delvaux F, Schwartz C, Decréquy T, Devalckeneer T, Paulus J, Bornheim S, Kaux JF, Croisier JL. Int J Sports Med. 2020 Jan 14			Yes	
6.	Improving function in people with hip-related pain: a systematic review and meta-analysis of physiotherapist-led interventions for hip-related pain. Kemp JL, et al. Br J Sports Med 2020;0:1–14.			Yes	
7.	Diagnosis, prevention and treatment of common lower extremity muscle injuries in sport - grading the evidence: a statement paper commissioned by the Danish Society of Sports Physical Therapy (DSSF). Ishøi L, Krommes K, Husted RS, Juhl CB, Thorborg K. Br J Sports Med. 2020 Jan 14. pii: bjsports-2019-101228.			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		
8.	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;0:1–12.			Yes	
9.	Risk Factors for Lower-Extremity Injuries Among Contemporary Dance Students. van Seters C, van Rijn RM, van Middelkoop M, Stubbe JH. Clin J Sport Med. 2020 Jan;30(1):60-66			Yes	
10.	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	

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.	International Journal of Emergency Medicine https://intjem.springeropen.com/
5.	British Journal of Sports Medicine http://bjsm.bmj.com/
6.	The American Journal of Sports Medicine http://www.journals.sagepub.com/home/ajs
7.	Sports Injury Prevention is Complex: We Need to Invest in Better Processes, Not Singular Solutions. Tee JC, McLaren SJ, Jones B. Sports Med. 2020 Apr;50(4):689-702.
8.	http://www.health.harvard.edu/fhg/firstaid/firstaid.shtml
9.	Head and Spinal Injuries in Equestrian Sports: Update on Epidemiology, Clinical Outcomes, and Injury Prevention. Gates JK, Lin CY. Curr Sports Med Rep. 2020 Jan;19(1):17-23.
10.	Neuromuscular training for the prevention of ankle sprains in female athletes: a systematic review. Caldemeyer LE, Brown SM, Mulcahey MK. Phys Sportsmed. 2020 Feb 28:1-7.
11.	Planning injury prevention training for youth handball players: application of the generalisable six-step intervention development process. Ageberg E, Bunke S, Nilsen P, Donaldson A. Inj Prev. 2020 Apr;26(2):164-169.
12.	In training for a marathon: Runners and running-related injury prevention. Hofstede H, Franke TPC, van Eijk RPA, Backx FJG, Kemler E, Huisstede BMA. Phys Ther Sport. 2020 Jan;41:80-86.
13.	13 Incidence of Sports-Related Traumatic Brain Injury of All Severities: A Systematic Review. Theadom A, Mahon S, Hume P, Starkey N, Barker-Collo S, Jones K, Majdan M, Feigin VL. Neuroepidemiology. 2020;54(2):192-199.
14.	A novel hamstring strain injury prevention system: post-match strength testing for secondary prevention in football. Wollin M, Thorborg K, Drew M, Pizzari T. Br J Sports Med. 2020 May;54(9):498-499.

Coordinating lecturer

Position	Degree, surname, name	Schedule №.
Associate Professor		40

Subdivision

Entitlement	Code
Department of Health Promotion and Rehabilitation	2006

Study module teaching form №. 1

Semester	Mode of studies	Structure	Credits
----------	-----------------	-----------	---------

