LITHUANIAN SPORTS UNIVERSITY

STUDY MODULE PROGRAMME (SMP)

Module Code	B	710	B	119	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	Mid-term examination, Reporting for practice work
2	Will be able to recognize life-threatening signs of sudden health problems.	Case analysis (Case study), Discussion, Literature analysis	Mid-term examination, Reporting for practice work
3	Will be able to provide first aid.	Case analysis (Case study), Discussion	Mid-term examination, Reporting for practice work
4	Will be able to understand the principles of injury prevention.	Case analysis (Case study), Literature analysis	Mid-term examination, Reporting for practice work
5	Will be able to apply, analyze and interpret methods of functional diagnostics of body systems.	Case analysis (Case study), Discussion, Literature analysis	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. Research and evaluation of functional status.

Level of module

Level of programme		Subject group (under the regulation of the area)
Cycle	Type	
First	Bachelor	Bendrojo universitetinio lavinimo

Group under financial classification

Syllabus

№.	Sections and themes	Responsible lecturer
1.	Functional diagnostics. Test of heart functional status. Electrocardiography. Disorders.Echocardiography. Athlete's heart. Sudden death in sport. est and evaluation of cardiovascular functional state of dosed exercise tolerance.	
2.	Research and evaluation of central nervous system functional state. EEG. CNS system disorders. Research and evaluation of peripheral nervous system functional state. Disorders.	
3.	Research and evaluation of respiratory functional status. Disorders.Research and evaluation of physical development. Disorders.	

№.	Sections and themes	Responsible lecturer
4.	Children and adults resuscitation features. Defibrillation. Wounds and their types. Bleeding types. Traumatic shock. Dressing.	
5.	First aid of acute condition: electrical trauma, seizures, overheating, frostbite, burn, drowning and choking.First aid for some of the poisoning cases. Anaphylactic shock and first aid.	
6.	Bone fracture: causes, symptoms and first aid. Fatigue (or stress) bone fracture.Ligament, tendon, joint and muscle injuries: causes, symptoms and first aid.	
7.	Thoracic and abdominal injuries: symptoms and first aid. First aid at head, LOR and spine trauma: causes, signs and main principles of immobilization.	

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.	SWS Brain-Wave Music May Improve the Quality of Sleep: An EEG Study. Gao et al. Front. Neurosci., 11 February 2020 .			Yes	
3.	Imbalance Between Oxidative Stress and Growth Factors in Human High Myopia. Merida et al. Front. Physiol., 14 May 2020.			Yes	
4.	Heart rate behaviour in speed climbing. Fuss et al. Front. Psychol. 22 May; 2020.			Yes	
5.	Train Your Brain? Can We Really Selectively Train Specific EEG Frequencies With Neurofeedback Training. Dessy et al. Front. Hum. Neurosci., 10 March 2020.			Yes	
6.	Relationship between maximal incremental and high-intensity interval exercise performance in elite athletes. Chang et al. PLOS ONE; 12 May 2020.			Yes	
7.	The association between normal lung function and peak oxygen uptake in patients with exercise intolerance and coronary artery disease. Rasch-Halvorsen et al. PLOS ONE;04 May 2020.			Yes	
8.	Physical activity and heart rate monitoring in Fontan patients – Should we recommend activities in higher intensities? Härtel et al. PLOS ONE;30 Jan 2020.			Yes	
9.	The relationship of recreational runners' motivation and resilience levels to the incidence of injury: A mediation model. León-Guereño et al; PLOS ONE;			Yes	
10.	Inter-limb asymmetries are associated with decrements in physical performance in youth elite team sports athletes. Fort-Vanmeerhaeghe et al; PLOS ONE; 03 Mar 2020.			Yes	

Additional literature

№.	Title
1.	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.
2.	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.
3.	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.
4.	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.
5.	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.
6.	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.
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.	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.
9.	PubMed (National Library of Medicine) http://www.ncbi.nlm.nih.gov/PubMed/
10.	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
11.	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.
12.	British Journal of Sports Medicine http://bjsm.bmj.com/
13.	The American Journal of Sports Medicine http://www.journals.sagepub.com/home/ajs
14.	The Journal of Emergency Medicine http://www.elsevier.com
15.	International Journal of Emergency Medicine https://intjem.springeropen.com/

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				Total hours	Credits
			Theory	Seminars	Lab Works	Ind. work		
A	S	D	14	0	16	100	130	5

Languages of instruction:

Lithuanian	L	English	E	Russian	R	French	F	German	G	Other	Oth.

Plan of in-class hours

№. of Themes	Academic hours			№. of Themes	Academic hours		
	Theory	Seminars	Lab Works		Theory	Seminars	Lab Works
1.	2	0	2	5.	2	0	2
2.	2	0	2	6.	2	0	2
3.	2	0	2	7.	2	0	2
4.	2	0	4				
				Total:	14	0	16

Schedule of individual work tasks and their influence on final grade

	№. of syllabus	Total hours	Influence on grade, %	Week of presentment of task (*) and reporting (o)															
				1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17-20
Accounting for practice sessions	1-7	25	25	*						0										
Mid-term examination	1-7	25	25	*						0										
Mid-term examination	8-14	25	25								*						0			
Accounting for practice sessions	8-14	25	25								*						0			
Total:	-	100	100																	