**SYLABUS**

**applies to the** 2024-2027 **education cycle**

(extreme dates)

2024/2025 academic year

**1. INFORMATION ABOUT THE SUBJECT**

|  |  |
| --- | --- |
| Name of the subject | First Aid |
| Code of the subject\* |  |
| Name of the unit providing the course | College of Medical Sciences |
| Name of the unit carrying out the subject | Institute of Physical Culture Sciences |
| Field of study | Physical Education |
| Study degree | first-cycle studies |
| Profile | general academic |
| Form of studies | daytime |
| Year and semester(s) of study | Year 1 , sem. I |
| Type of subject | Major |
| Language of lecture | Polish |
| Coordinator | dr Maciej Brożyna |
| Name and surname of the instructor(s) | dr Maciej Brożyna |

**\* *-****optional, as agreed with the Unit*

1.1.Form of classes, numer of hours and ECTS points

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Semester  (no) | Lect. | Class | Conw. | Lab. | Sem. | Pract. | Intern. | Others (what?) | ECTS points |
| Winter |  | 15 |  |  |  |  |  |  | 2 |

**1.2. Type of classes**

X traditional classes

☐ online classes

**1.3 Form of credit (of the course)(examination, marked credit, unmarked credit)**

Classes – marked credit

2.PREREQUISITES

|  |
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| Basics of paramedical aid |

**3. GOALS, LEARNING OUTCOMES, CURRICULUM CONTENT AND APPLIED DIDACTIC METHODS**

**3.1 Objectives of the course**

|  |  |
| --- | --- |
| C1 | To acquaint students with the practical skills of providing help according to the guidelines of the European Resuscitation Council. |
| C2 | To familiarize students with the issues of pre-medical first aid in emergency cases of threat to human health and life. Training and acquiring practical and theoretical skills in the field of BLS / AED. Acquainting with the principles and methods of providing first pre-medical aid. |

**3.2 Learning outcomes**

|  |  |  |
| --- | --- | --- |
| Ek (Learning Outcome) | content of the learning outcome defined for the subject | reference to field outcomes |
| EK­\_01 | The student has in-depth knowledge of the provision of pre-medical aid and on-site procedures in life and health-threatening situations | K\_W13 |
| EK\_02 | The student demonstrates elements of the technique of providing first aid in selected life and health threatening situations. | N\_U17  K\_U07 |
| EK\_03 | Update their theoretical knowledge and improve their own practical skills with the use of specialized equipment. Use the website of the European Resuscitation Council and follow the latest scientific news. | K\_K02 |

**3.3 Program content**

A. Lectures

|  |
| --- |
| Course content N/A |

B. Content of auditorium, seminar, laboratory exercises, practical classes

|  |
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| Content |
| 1 year 1 semester |
| Acquainting with the obligatory syllabus for the subject.  Checking the previous knowledge on the provision of pre-medical aid. Rescue chain. Basic legal aspects of providing aid.  Sudden cardiac arrest. Lack of respiratory function.  Resuscitation and cardiopulmonary resuscitation.  Application of BLS / AED. Safe side position. (Demonstration, explanation) (practical exercises in pairs, practical simulations in emergency cases of threat to human health and life)  Heart attack (types, symptoms and procedures)  Practical exercises and observation of the work of paramedics at the Simulation Center of the University of Rzeszów.  Injuries in everyday life, threats and selected civilization diseases  most common in our society (fractures, twists, sprains, tears, rips, strains, hemorrhages, diabetes, stroke, epilepsy - types, symptoms and procedures) |

3.4 Didactic methods

E.g.:

Lecture: problem lecture, lecture with multimedia presentation, distance learning methods

Classes: text analysis with discussion, project method (research, implementation, practical), group work (solving tasks, discussion), didactic games, distance learning methods

Laboratory: carrying out experiments, designing experiments

Classes: project method (practical project - event simulations), group work (solving problems, discussion)

4. METHODS AND EVALUATION CRITERIA

4.1 Verification of learning outcomes

|  |  |  |
| --- | --- | --- |
| Effect symbol | Assessment methods of learning outcomes  (e.g. colloquium, oral exam, written exam, project, report, observation during classes) | Form of didactic activity  (lecture, class ...) |
| Ek\_ 01 | Credit in theoretical knowledge in the form of an oral answer | Ćw. |
| EK\_ 02 | observation during classes - teacher's assessment, credit in theoretical knowledge in the form of an oral answer, practical assessment | Ćw. |
| Ek\_ 03 | observation during classes | Ćw. |

4.2 Conditions of passing the subject (assessment criteria)

|  |
| --- |
| Classes - credit grade  75% of the assessment are the results (simulation of events - theoretical knowledge and practical skills test, 25% of the assessment of activity in the classroom.  Points obtained from the above forms of credit converted into percentages corresponding to the marks  - below 50% -unsatisfactory,  - 51% - 60% -satisfactory,  - 61% - 70% - satisfactory plus,  - 71% - 80% - good,  - 81% - 90% - good plus,  - 91% - 100% - very good  Assessment of social competences:  • Uses literature and classical studies in the scope of the taught content, performs basic practical tasks  • Seeks knowledge in the latest Polish-language studies and publications, masters practical tasks at a good level  • Updates the knowledge on the basis of English-language literature, performs practical tasks to a very good degree |

**5. TOTAL STUDENT'S WORK INPUT REQUIRED TO ACHIEVE THE INTENDED EFFECTS IN HOURS AND ECTS CREDITS**

|  |  |
| --- | --- |
| Form of activity | Average number of hours to complete the activity |
| Contact hours according to the studies plan | 15 hours. |
| Others with the participation of an academic teacher (participation in consultations, examination) | 5hours  (consultations) |
| Non-contact hours - own work  (preparation for classes, examinations, writing a paper, etc.) | 7 hours.  (preparation for classes 5hours.,  Preparation of the simulations 2 hours. |
| TOTAL HOURS | 27 |
| TOTAL ECTS | 1 |

*\* It should be considered that 1 ECTS point corresponds to 25-30 hours of total student workload.*

6. PROFESSIONAL TRAINING WITHIN THE COURSE

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| --- | --- |
| hours | N/A |
| rules and forms of internship | N/A |

7. LITERATURE

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| Basic:   1. Materiały szkoleniowe Europejskiej Rady Resuscytacji( BLS/AED), 2021/22 2. Urbanik A.,Brożyna M.,Godek Ł.,”Wybrane zagadnienia turystyki i medycyny podróży”,Wyd.Uniwersytetu Rzeszowskiego   Rzeszów 2020.   1. Cejanek – Musiał D. i in. (red.), Stany zagrożenia życia. AM w Poznaniu, Poznań 2004. 2. Davies B. , Podręcznik pierwszej pomocy. PZWL, Warszawa 2005. 3. Doleżych B. , Łaszczyca P. (red.), Biomedyczne podstawy rozwoju z elementami higieny szkolnej.Wyd. A. Marszałek, Toruń 2005. 4. Dziak A. , Pierwsza pomoc. PZWL, Warszawa 1990. 5. Jarosz – Lesz A. , Kompendium pierwszej pomocy i ochrony zdrowia w turystyce.Wrocław – Katowice 2000. 6. Wyatt J. P. , Podręcznik doraźnej pomocy medycznej. PZWL, Warszawa 2001. |
| Supplementary:   1. Grześkowiak M. , Saba Z. , Turowska – Kózka A. , Stany zagrożenia życia – postępowanie bez przyrządowe. Kraków 2003. 2. Kurs ratownictwa medycznego – grupa nauczyciel, ratownik medyczny, lekarz, pielęgniarka. Ciechanów 1995. 3. Pieniuta S. , Pierwsza pomoc przedlekarska. Wrocław 2005. |

Acceptance by the Head of the Unit or an authorized person