

**DEMOCRITUS UNIVERSITY OF THRACE**  
**DEPARTMENT OF PHYSICAL EDUCATION & SPORT SCIENCE**

*UNDERGRADUATE PROGRAM OF STUDY*

**COURSE TITLE:**

First aid

**COURSE CODE:**

N083

**E.C.T.S. CREDITS**

2

**RESPONSIBLE FOR THE COURSE:**

NAME	George Godolias		
POSITION	Professor		
SECTOR	Exercise and Health		
OFFICE	Rehabilitation Lab Office		
TEL. / E-MAIL	25310 - 39662		
CO-INSTRUCTORS			

**SEMESTER:**

1<sup>st</sup>     2<sup>nd</sup>     3<sup>rd</sup>     4<sup>th</sup>   
5<sup>th</sup>     6<sup>th</sup>     7<sup>th</sup>     8<sup>th</sup>

**COURSE TYPE:**

Obligatory   
Direction   
Specialization   
Prerequisite for specialization   
Elective (*open*)

**HOURS (per week):**

2

**DIRECTION (only for 3<sup>rd</sup> & 4<sup>th</sup> year courses):**

**SPECIALIZATION (only for 3<sup>rd</sup> & 4<sup>th</sup> year courses):**

**LANGUAGE OF TEACHING:**

Greek

English

**AIM OF THE COURSE** (*content and acquired skills*):

The course aims to teach students how to easily identify urgent cases of sudden illness or injuries that threaten life or limb of patients. In this way they will be able to directly address these situations until they assume the responsibility of the physician or patient transferred to hospital. Students will gain theoretical and practical knowledge of techniques that can easily be applied to save lives.

**COURSE CONTENTS** (*outline – titles of lectures*):

1. General principles and application of first aid in the cessation of breathing.
2. General principles and application of first aid to the interruption of blood circulation.
3. Major first aid techniques (methods of breathing technique, methods of external compression of the heart and internships).
4. Action in emergency situations (stopping breathing - stop circulation – consciousness - bleeding).
5. Suffocation - Injury - Bleeding (detailed reference to the situations that cause suffocation and description of different types of wounds and bleeding types and methods of first aid kits in each case).
6. Disorders of movement - Loss of consciousness (shock, syncope, myocardial infarction, angina, etc.) - Methods of treatment.
7. Reference to normal skeletal fractures in the methods of immobilization of fractures and the mode of transport to hospital.
8. Spinal muscles, ligaments and joints - Reference to any emergency situation.
9. Burns – Poisoning - List of various types and first aid in each case.
10. Effects of extreme temperatures - Hypothermia - Frostbite - Heat stroke - Preventive measures and first aid.
11. Treatment of foreign bodies embedded in the skin and in cavities of the body - Reference to the various aches and first aid in each case.
12. Response to major accidents / fires - Approach to the point of the accident, assessment of the seriousness of the situation of victims, prevention, first aid.
13. Epidesmologia-transfer patients. Methods of dressing and restraining methods and transfer of patients with one or two or more deputies.

**TEACHING METHOD(S)** (*lectures – labs – practice etc.*):

1. Lectures.
2. Examination of anatomical maps.

**ASSESSMENT METHOD(S):**

1. Mid-term exams (60%)
2. Final exams (40%)

**LEARNING OUTCOMES:**

<p>After completion of study in this course, students will know:</p> <ol style="list-style-type: none"> <li>1. General principles and application of first aid in the cessation of breathing, the interruption of blood circulation (breathing technique methods, methods of external compression of the heart and practice) and actions in emergency situations (loss of consciousness, bleeding, choking, unconsciousness, heart infarction, etc.).</li> <li>2. Immediate treatment and methods of immobilization of fractures and the mode of transport to hospital as a reference to a first-aid injuries muscles, ligaments and joints etc.</li> <li>3. Immediate response to burns, poisoning, hypothermia, frostbite, heat stroke, and treatment of foreign bodies embedded in the skin.</li> <li>4. Response to major accidents / road-fires - How to approach the point of the accident, assess the seriousness of the situation of victims, prevention, first aid. Epidesmologia-transfer patients. Methods of dressing and restraining methods and transfer of patients with one or two or more deputies.</li> </ol>
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**LEARNING OUTCOMES – CONTINUED:**

<i>Learning Outcomes</i>	<i>Educational Activities</i>	<i>Assessment</i>	<i>Students Work Load ( hours)</i>
General principles and application of first aid in the cessation of breathing, the interruption of blood circulation (breathing technique methods, methods of external compression of the heart and practice) and actions in emergency situations (loss of consciousness, bleeding, choking, unconsciousness, heart infarction, etc.).	Lectures, demonstrations and commentary of digital material, home study.	Intermediate written tests of cognitive assessment.	15
Immediate treatment and methods of immobilization of fractures and the mode of transport to hospital as a reference to a first-aid injuries muscles, ligaments and joints etc.	Lectures, demonstrations and commentary of digital material, home study.	Intermediate written tests of cognitive assessment.	15
Immediate response to burns - poisoning, hypothermia - frostbite - heat stroke, treatment of foreign bodies embedded in the skin.	Lectures, demonstrations and commentary of digital material, home study.	Intermediate written tests of cognitive assessment.	15
Response to major accidents / road-fires - How to approach the point of the accident, assess the seriousness of the situation of victims, prevention, first aid. Epidesmologia-transfer patients.	Lectures, demonstrations and commentary of digital material, home study.	Intermediate written tests of cognitive assessment	15

Methods of dressing and restraining methods and transfer of patients with one or two or more deputies.			
		<b>TOTAL</b>	<b>60</b>

**OBLIGATORY & SUGGESTED BIBLIOGRAPHY:**

1. Kougioumtzidis Ch. (2010). First aid. Athens: Piperis.
2. Thygerson, A. (2010). First aid: life support. Thessaloniki: Malliaris Education S.A.
3. Class notes posted on the e-class.