



UNIVERSITÀ DEGLI STUDI DI PALERMO

DEPARTMENT	Scienze Psicologiche, Pedagogiche, dell'Esercizio Fisico e della Formazione		
ACADEMIC YEAR	2022/2023		
BACHELOR'S DEGREE (BSC)	PHYSICAL EDUCATION AND SPORT SCIENCES		
SUBJECT	FIRST AID IN SPORTS		
TYPE OF EDUCATIONAL ACTIVITY	D		
AMBIT	10502-A scelta dello studente		
CODE	19855		
SCIENTIFIC SECTOR(S)	MED/18		
HEAD PROFESSOR(S)	LEONARDI VINCENZA	Ricercatore	Univ. di PALERMO
OTHER PROFESSOR(S)			
CREDITS	3		
INDIVIDUAL STUDY (Hrs)	54		
COURSE ACTIVITY (Hrs)	21		
PROPAEDEUTICAL SUBJECTS			
MUTUALIZATION			
YEAR	2		
TERM (SEMESTER)	1° semester		
ATTENDANCE	Not mandatory		
EVALUATION	Out of 30		
TEACHER OFFICE HOURS	LEONARDI VINCENZA Thursday 10:00 12:00 Facoltà di scienze motorie, via Pascoli		

DOCENTE: Prof.ssa VINCENZA LEONARDI

PREREQUISITES	The prerequisites are: KNOWLEDGE OF ANATOMY AND PHYSIOLOGY, TRAINING METHODOLOGIES.
LEARNING OUTCOMES	Basic knowledge, the ability to assimilate new concepts and above all the integration of knowledge into application models will be evaluated.
ASSESSMENT METHODS	Oral-practical exam. Multi choice test. The student will have to answer at least 2-4 questions in the oral and practical form. The exam aims at verifying knowledge, interpretative competence and autonomy of judgement of specific cases. The passing grade threshold will be considered reached if the student shows to have acquired the topics of the specific subject matter and is able to solve specific concrete cases as well as to correctly convey knowledge with satisfactory expository skills. Below the abovementioned threshold, the exam will be considered unsatisfactory. The more the student can interact with the examiner showing mastery of language, of the specific subject matter and ability to convey his knowledge of the topics of the specific field of reference, the more the assessment will be positive. The latter will be expressed by 18 to 30-30 with honours marks.
EDUCATIONAL OBJECTIVES	The goal is to train a type of personal trainer able to suggest and create customized lifestyles models, which are able to add to the motor activity a nutritional scheme adapted to the needs of the individual, considering also the possible presence of pathologies.
TEACHING METHODS	The teaching will be 'organized with lectures, tutorials, case studies
SUGGESTED BIBLIOGRAPHY	Gli studenti si avvarranno di materiale didattico multimediale, slides e articoli scientifici

SYLLABUS

Hrs	Frontal teaching
3	Presentation of the course, first aid for sports
3	Contusions, symptoms, how to intervene
3	Wounds and abrasions, symptoms, how to intervene
3	Sprains and dislocations, symptoms, how to intervene
3	Cramps, symptoms, how to intervene
3	Fractures, symptoms, how to intervene
3	Head injury, symptoms, how to intervene