

<b>ID</b>	2540
<b>Curricular Unit</b>	Prevention, Safety and Emergency
<b>Regent</b>	Fernando Manuel da Cruz Duarte Pereira
<b>Learning Outcomes</b>	<ul style="list-style-type: none"> <li>- To prevent, detect, and treat life threatening emergency situations and sport injuries.</li> <li>- To develop strategies to increase safety practices in physical activities.</li> <li>- To Increase the health benefits of physical activity.</li> </ul>
<b>Syllabus</b>	<p>Introduction. Fundamental Concepts.            Injury prevention. Disease triangle.            Emergency medical system ("Star of Life").            Scene safety, kinematics of trauma, mechanism of injury.            Cardio-respiratory system emergency. Basic Life Support. ("Survival Chain"). Airway, Breathing, Circulation.            Basic or Pre-hospital trauma Life Support. Patient assessment skills.            Sports First Aid and Sports Injuries - Their Prevention and treatment.            Shock.            Head Trauma, spinal trauma, extremity trauma, burns.            Neural dysfunction and exposition.            Human performance and Environment: Heat and cold injuries.            Acute and Overuse Injuries, symptoms and signals.            Common sudden Disease.            Managing the risks of organizational accidents.            Risk assessment and reduction in products, services and processes.            Risk Factors and Protective Sports Equipment.            Fire Emergency and evacuation plans.</p>
<b>Evaluation</b>	<p>This unit is divided in theoretical and a practical course. Each has on the program, the major aims, general objectives, behavioural skills, assessment and references. Each course aims at a set of evaluation procedures related to the main topics in safety, security and warning sciences. The students work in teams. They performed the tasks to improve quality and safety in sport activities offer, services and products. The final assessment consists in the conception, development and presentation of safety products, presented in a safety promotion session. Basic procedures like first-response, EMS, and BLS are evaluated in a theoretical exam. At the end of the courses, the students, present a group/team projects of their choice, according to a action plan previously approved by the teachers. The session are subordinated to types of physical activities propose at the beginning of the course.</p>

NAEMT, American College of Surgeons (2003). PHTLS Basic and Advanced Prehospital Trauma Life Support. St. Louis, Mosby.

Instituto de Socorros a Náufragos. (2001). Manual do Nadador Salvador (Ed. Fernando Duarte Pereira) (1ª ed.). Lisboa: Faculdade de Motricidade Humana. Capítulo 9.

## **Bibliography**

Cada aluno inscrito tem acesso imediato (atribuição de password) à área da Unidade Curricular no Sistema de Gestão de Aprendizagem (E-learning FMH) e à plataforma intranet do Conselho Pedagógico onde tem à sua disposição, documentos de apoio, referências, links, propostas de actividades e exercícios específicos.