

### Caraterização da Unidade Curricular / Characterisation of the Curricular Unit

<b>Designação da Unidade Curricular / Curricular Unit:</b>	[3181200632] Lesões Desportivas e Primeiros Socorros [3181200632] Sports Injuries and First Aid		
<b>Plano / Plan:</b>	2007/2008		
<b>Curso / Course:</b>	Desporto e Atividade Física Sport and Physical Activity		
<b>Grau / Diploma:</b>	Licenciado		
<b>Departamento / Department:</b>	CDM - Ciências do Desporto e Motricidade		
<b>Unidade Orgânica / Organic Unit:</b>	Escola Superior de Educação de Viseu		
<b>Área Científica / Scientific Area:</b>	Ciências do Desporto		
<b>Ano Curricular / Curricular Year:</b>	3		
<b>Período / Term:</b>	S2		
<b>ECTS:</b>	4		
<b>Horas de Trabalho / Work Hours:</b>	0108:00		
<b>Horas de Contacto/Contact Hours:</b>			
(T) Teóricas/Theoretical:	0045:00	(TC) Trabalho de Campo/Fieldwork:	0000:00
(TP) Teórico-Práticas/Theoretical-Practical:	0000:00	(OT) Orientação Tutorial/Tutorial Orientation:	0000:00
(P) Práticas/Practical:	0000:00	(E) Estágio/Internship:	0000:00
(PL) Práticas Laboratoriais/Practical Labs:	0000:00	(O) Outras/Others:	0000:00
(S) Seminário/Seminar:	0000:00		

### Docente Responsável / Responsible Teaching

[2216] Paulo Alexandre Mendes Ribeiro Eira

### Outros Docentes / Other Teaching

[2353] Jorge Filipe de Lima Arede

### **Learning Outcomes of the Curricular Unit**

«Learning Outcomes of the Curricular Unit» 1. To provide students with knowledge and instruments that minimize the occurrence of sports injuries and, when verified, minimize its negative effects. 2. To provide students with a set of indicators that identify the urgency of each situation, 3. To know and practice the necessary procedures to provide the first care in case of accidents in sports. 4. To know and adopt rules of hygiene in sports practices and increase awareness of the importance of nutrition in health and sports performance.

### **Learning Outcomes of the Curricular Unit (Lim:1000)**

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### **Syllabus (Lim:1000)**

1. Sports injuries, specific injuries by anatomic site, specific lesions of each sport; 2. Prevention of sports injuries. Treatment of sports injuries - Functional recovery of athletes, rehabilitation medicine, kinesiological techniques (massage), pharmacological therapy. 3. Exercises to improve muscle strength and joint assessment and athlete with serious injuries. 4. First aid, general principles of first aid and examination of the victim and support in case of trauma, basic life support and first aid situations. Media and rescue techniques in water. 5. The basics of energy metabolism; fuels used in sports activity; Reservations muscle and liver glycogen; vitamins and minerals; hydration and fluid in the athlete; macronutrients and micronutrients; diet sportsman: before, during and after exercise / recovery; and supplements groups in sport.

### **Demonstration of the syllabus coherence with the curricular units' learning objectives**

The course of Sports Injuries and First Aid is designed to gain knowledge and instruments that minimize the occurrence of sports injuries and minimize, when verified, its negative effects. The methodologies focused on the content of cognitive-explanatory nature (1 and 2) as well as it refers to the objective 1 and 4, for the well-being, nutritional care and general physical capacity of the individual, and the particular athlete. The practice and procedures, as well as the means and techniques to provide the initial care in case of accidents in sports, may be reached through the content described in 3 and 4.

### **Teaching Methodologies (Including evaluation; Lim:1000)**

Two types of requirements: appeal to the declarative knowledge and, accordingly, the methodologies focus on expository character classes; emphasis on knowledge and procedures necessary to provide the initial care in case of accidents in sport with interactive methodologies, with working groups and guided discovery. Normal assessment -The evaluation results from two moments of evaluation: written test and group work. Special-assessment should be at least two time points, one being necessarily individual nature. Final exam and / or appeal. Normal assessment -The evaluation results from two moments of evaluation: written test and group work. Special-assessment should be at least two time points, one being necessarily individual nature. Final exam and / or appeal

### **Demonstration of the coherence between the teaching methodologies and the learning outcomes**

The objectives of this course are of two types: declarative and procedural. In this sense, the methodology aims in some classes the questioning of concepts and experiences that allow students to characterize and evaluate the most common injuries in sports most practiced in Portugal. It also aims to identify enhancers contexts and factors of sports injuries as well as knowledge of means and techniques that encourage the provision of first aid. This type of teaching appeals to an expository teaching and massive character (for class). Other classes are aimed at appropriate intervention early in the injury and awareness of practitioners to the importance of using DPI (Personal Protective Equipment. Here, emphasis is placed on the methodologies that transfer the information to the student's cognitive, emotional and physical realization of tasks, emphasizing group work with teaching styles focus on problem solving and guided discovery.

**Bibliografia / Bibliography (Lim:1000)**

Ferreira, E. (2016). Corre sem Lesões. Lisboa, A Esfera dos Livros Gabbett, T.J. (2016). The training-injury prevention paradox: should athletes be training smarter and harder? Br J Sports Med. Horta, L. (2011). Prevenção de Lesões no Desporto. Lisboa: Texto Editora. Lda. Horta, L. (2006). Nutrição no Desporto. Lisboa: Editorial Caminho. J. Espregueira-Mendes, et al. (Eds.) (2017). Injuries and Health Problems in Football. Editora: Springer Massada, L. (2006). Lesões Típicas do Desportista. 4ª Edição. Lisboa: Coleção Desporto e Tempos Livres. Editorial Caminho. Pessoa, P. & Jones, H. (2014). Traumatologia Desportiva. Lisboa, LIDEL ; Edições Técnicas, Lda. Ribeiro, B. (2010). Calor, Fadiga e Hidratação. Lisboa: Texto Editora. Lda. Serra, L.; Oliveira, A. & Castro, J. (2012). Critérios Fundamentais em Fraturas e Ortopedia. Lisboa, LIDEL ; Edições Técnicas, Lda. Valente, M. & Catarino, R. (2012). SBV. Suporte Básico de Vida. Departamento de Formação em Emergência Médica (INEM)

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