

Course title	Exercise, Health And First Aid				
Course code	MEDI127				
Course type	Lectures and practical exercise				
Level	Diploma				
Year / Semester	1st Year / 1st Semester				
Teacher's name	Assos Charalambos				
ECTS	6	Lectures / week	2	Laboratories / week	1
Course purpose and objectives	<p>The purpose of the course is to teach students the health benefits of exercise. Students are taught the positive relationship of physical activity with psychosomatic health and that exercise is the key to promoting positive values and attitudes for a more active and healthy lifestyle. In addition, the aim of the course is to give students the theoretical and practical background on first aid so to tackle basic injuries and accidents, as well as first aid on trainees in a sports environment.</p>				
Learning outcomes	<p>Upon the completion of the course, the students are expected to:</p> <p>Knowledge</p> <ol style="list-style-type: none"> 1. Recognise the types and methods of exercise that can have an effect on health and the quality of life. 2. Explain why it is important to assess one's health status before participating in any physical activities 3. Describe the parts of the respiratory system and distinguish the special cases of respiratory problems such as hypoxia, suffocation in adults, airway obstruction, asthma, etc. 4. Recognise the parts of the circulatory system, the parts of the musculoskeletal system and describe ways to deal with problems, such as bleeding, heart attack, angina, etc <p>Skills</p> <ol style="list-style-type: none"> 5. Apply basic first aid techniques to tackle basic accidents 6. Perform the necessary actions when it comes to adults and children with loss of consciousness, the necessary actions during an emergency situation, such as drowning situations with adults and children, fractures, etc. 7. Perform CPR to adults and children <p>Competence</p> <ol style="list-style-type: none"> 8. Become more responsible and to act according to the characteristics of each situation 				

Prerequisites	Required	
Course content	<ul style="list-style-type: none"> • The effect of exercise on our body • Heart rate measurement and training zones • Rate of recovery • Cardiovascular problems and exercise • Activities and programmes that improve heart health • Body composition • Healthy muscular system-movement for life • Nutrition and body weight management-energy balance • The importance of fitness metrics for health and performance-Pre-exercise assessment • Incident management. Actions in an emergency, road accidents, fires, electrical accidents, water accidents. • The patient with loss of consciousness, Breathing and circulation, priorities for saving life, adult and child with loss of consciousness. • Respiratory problems. Respiratory system, hypoxia, suffocation to adults and children, airway obstruction, suffocation, asthma. • Injuries and circulatory system. The heart and blood vessels, bleeding and types of injuries, heart attack, angina pectoris, fainting, shock, cuts and scrapes, eye injuries, scalp injuries, bleeding in various parts of the body. • Damage to bones, muscles and joints. The skeleton. Bones, muscles and joints, fractures, sprains and strains. Injuries to various parts of the body. • Effects of cold and heat. Burns, dehydration, heatstroke, hypothermia and frostbite. • Emergency First Aid. Actions during an emergency. Primary incident assessment, CPR for adults and children. 	
Teaching methodology	<p>With the use of lectures, discussions, watching videos and demonstrations relating to various cases and circumstances, the students are exposed to the theoretical and practical nature of the course that will enable them to understand the benefits of exercise to the health of their body and mind so that they are able to adequately respond to an urgent event. The students also have the opportunity to practice on various sample cases and receive immediate feedback as it relates to the ways they have handled each case.</p>	
Bibliography	Greek Bibliography	

	<ul style="list-style-type: none"> • Θεοδωράκης, Ι. (2017). <i>Άσκηση, ψυχική υγεία και ποιότητα ζωής [Exercise, psychological health and quality of life]</i>, 2^η Έκδοση. Αφοί Κυριακίδη Εκδόσεις Α.Ε., ISBN 978-960-602-168-8. • Γεροδήμος, Β., Καρατράντου, Κ. (2021). <i>Άσκηση για την Υγεία [Exercise and health], Πρόληψη και αποκατάσταση</i>. Κωνσταντάρας, ISBN 978-960-608-051-7 • Sharkey, B. J. και Gaskill, S. E. (2016). <i>Άσκηση και υγεία: Ολοκληρωμένος οδηγός [Exercise and health: a complete guide]</i>. 7^η Έκδοση. Παρισιάνου Α.Ε.. ISBN 978-960-583-171-4. • Ιατράκης, Γ.Μ. και Αντωνίου, Ε. (2016). <i>Πρώτες βοήθειες : Επείγουσες καταστάσεις [First air: Urgent circumstances]</i>. Δεσμός. ISBN: 9786185046194 • Πορφυριάδου, Α. (2014). <i>Πρώτες βοήθειες [First aids]</i>, Α/φοι Κυριακίδη, ISBN: 9789606020209. <p>English Bibliography</p> <ul style="list-style-type: none"> • Pieroudis, D. (2014). <i>First aids at work</i>. Σχολή Ασφάλειας και Υγείας Χείρωνας • Hashim, H. A. (2021). <i>Contemporary Research in Sports, Exercise and Health: Measurement and Protocols</i>. New York : Nova. EBSCOHost. • Bean, A. (2017). <i>The Complete Guide to Sports Nutrition: 8th Edition</i>. ISBN: 9781472924209. EBSCOHost. • Nikolaidis, P. (2014). <i>Endurance: Attitudes/behaviors, Performance in Athletes and Potential Health Effects</i>. New York : Nova Science Publishers, Inc. EBSCOHost.
<p>Assessment</p>	<ul style="list-style-type: none"> • Attendance and class participation: 10% • Intermediary written examination: 20% • Τελική Πρακτική Εξέταση: 40% • Τελική Γραπτή Εξέταση: 30%
<p>Language</p>	<p>Greek or English</p>