



IDENTIFYING DATA

Lifesaving and its teaching

Subject	Lifesaving and its teaching			
Code	P02G050V01912			
Study programme	Grado en Ciencias de la Actividad Física y del Deporte			
Descriptors	ECTS Credits	Choose	Year	Quadmester
	6	Optional	3rd	1st
Teaching language	#EnglishFriendly Spanish Galician			
Department				
Coordinator	Barcala Furelos, Roberto Jesús			
Lecturers	Barcala Furelos, Roberto Jesús			
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General description	(*)Materia para a formación especializada en salvamento e socorrismo acuático e nos primeiros auxilios.			

Training and Learning Results

Code	
A1	Students will have shown they have sufficient knowledge and understanding of an area of study, starting after completion of general secondary education, and normally reaching a level of proficiency that, being mostly based on advanced textbooks, will also include familiarity with some cutting-edge developments within the relevant field of study.
A2	Students will be able to apply their knowledge and skills in their professional practice or vocation and they will show they have the required expertise through the construction and discussion of arguments and the resolution of problems within the relevant area of study.
A3	Students will be able to gather and interpret relevant data (normally within their field of study) that will allow them to have a reflection-based considered opinion on important issues of social, scientific and ethical nature.
A4	Students will be able to present information, ideas, problems and solutions both to specialist and non-specialist audiences.
A5	Students will acquire the learning skills that are required to pursue further studies with a high degree of independence.
B3	Knowledge and compression of the physiological factors and biomechanics that determine the practice of the physical activity and the sport
B11	Knowledge and comprehension of the ethical beginning necessary for the correct professional exercise.
B20	Aptitude to identify the risks that stem for the health of the practice of physical inadequate activities.
B23	Aptitude to select and to be able to use the material and sports equipment adapted for every type of activity.
B24	Action inside the ethical beginning necessary for the correct professional exercise.
B25	Skill of leadership, capacity of interpersonal relation and teamwork.
B26	Adjustment to new situations, the resolution of problems and the autonomous learning.
C1	Aptitude to design, to develop and evaluate the processes of education - learning relative to the physical activity and the sport with attention to the individual and contextual characteristics of the persons.
C10	Aptitude to identify the risks, which stem for the health of the sportsmen, of the inadequate practice of physical activities in the context of the sports training
C15	Aptitude to identify the risks that stem for the health of the development of the physical inadequate activities between the population who realizes physical practice orientated to the health
C17	Aptitude to plan, to develop and control the accomplishment of programs of physical - sports activities orientated to the health
C23	Aptitude to identify and value the risks that could stem from the use of the equipments and sports facilities
C26	Aptitude to select the material and sports equipment adapted for every type of physical - sports recreative activity
C29	Aptitude to identify the risks that stem for the health, of the practice of physical inadequate activities in the medical instructors of physical - sports recreative activity

Expected results from this subject

Expected results from this subject	Training and Learning Results		
New	A1	B3	C1
	A2	B11	C10
	A3	B20	C15
	A4	B23	C17
	A5	B24	C23
		B25	C26
		B26	C29

Contents

Topic	
1.- The prevention of accidents in the physical activity and the education. Installations and natural aquatic spaces.	1.1. Prevention of accidents in natural aquatic spaces. 1.2. Warn accidents or situations of emergency in aquatic installations, looking after the security of the users.
2.- Lifesaving and first aids in sports sciences	2.1. First responder in incidents in aquatic environments. Behaviours for prevention. 2.2. Drowning grades 2.2. ABCD approach 2.3. Cardiopulmonary resuscitation 2.4. Airway obstruction 2.5. Treatment of the traumatic patient 2.6. First aids for lifeguards and first responders. 2.7. First aids in Covid-19 Era
3.- Lifesaving - water rescue	3.1. Rescue of rugged in natural aquatic spaces. 3.2. Rescue of people in case of accident or situation of emergency in aquatic installations.
4.- Didactic of lifesaving	4.1. Process of education learning of the skills of swimming adapted to lifesaving. 4.2. Process of education learning of the mechanisms of prevention. 4.3. Process of education learning of the skills of a water rescue. 4.4. Process of education learning of the first aids.

Planning

	Class hours	Hours outside the classroom	Total hours
Workshops	10	7.5	17.5
Simulation	11.5	20	31.5
Mentored work	1	40	41
Lecturing	10	0	10
Simulation or Role Playing	10	0	10
Simulation or Role Playing	10	0	10
Project	1	29	30

*The information in the planning table is for guidance only and does not take into account the heterogeneity of the students.

Methodologies

	Description
Workshops	Workshops for the learning of skills and technical referred to the content of the subject (essentially practical. The workshops of aquatic rescue will make in natural aquatic scenarios-beach or river)
Simulation	Clinical simulation of cases of study (virtual or not) of the contents of the subject (so much in beach as in swimming pool).
Mentored work	Supervised work/paper referred to the last block of contents of the subject. The student will have to elaborate a paper to way of project for the training in some community of the education, sport or rescue of each one of the units of the formative modules of lifesaving law document.
Lecturing	Presentation of the contents of the subject (virtual or not)

Personalized assistance

Methodologies	Description
Lecturing	The academic content will be available in Factic, and will attend academic queries on the doubts of each content. This personalised attention will be through *tutorías virtual and/or face-to-face.
Mentored work	The supervise work will consist in the preparation of a dossier that will be presented in the shape of the project . The work will have a relation to the last subject of the contents. The students will receive support by part of the educational (telematic or face-to-face) for the correct follow-up of this work.

Assessment			
	Description	Qualification	Training and Learning Results
Simulation or Role Playing	Simulation 1. A water rescue test will be carried out in which specific life-saving techniques must be applied correctly (will be indicated before the exam and will attend to the contents of the subject). After the rescue, you should perform a 20-minute CPR reaching a value of at least 70%. The notes will be weighted in relation to the time and quality of the CPR. (40% of the evaluation) Simulation 2. A clinical case linked to any of the contents of the subject (prevention, surveillance, rescue or first aid or a combination of several, both natural aquatic spaces and aquatic facilities) will be presented to be solved individually or in groups . (40% of the evaluation)	40	A1 B3 C1 A2 B11 C10 A3 B20 C15 A4 B23 C17 A5 B24 C23 B25 C26 B26 C29
Simulation or Role Playing	(*Simulación 2. Presentarase un caso clínico ligado a calquera dos contidos da materia (prevención, vixilancia, salvamento ou primeiros auxilios ou unha combinación de varios, tanto espazos acuáticos naturais como instalacións acuáticas) para ser resolto individualmente ou en grupo. (40% da nota)	40	
Project	Preparation and presentation of an audiovisual project for the teaching of any of the modules of the certificates of professionalism related to first aid and / or project for the teaching of some associated content in a population linked to sports or education. (10% of the evaluation)	10	A2 B26 C1 A3 A4

Other comments on the Evaluation

GLOBAL ASSESSMENT

The evaluation will be eminently practical. The theoretical contents will be evaluated and integrated into the practical simulation. If the simulation is carried out in a group, the evaluation will always be individual. This evaluation will consist of a set of tests related to first aid and another set of tests related to aquatic rescue. The presentation of the project may be individual up to a maximum of 5 participants. In the case of being a group, all participants will receive the same grade and therefore weighting in the project. This project may also be integrated into the evaluative part of the simulation, as long as the students have attended regularly and with prior agreement with the teacher of the subject. It will be necessary to reach at least 50% of the percentage for each of the two evaluation tests (pass both parts). If a part is suspended, THE QUALIFICATION FOR THE NEXT CALL FOR THE SIMULATION OR ROLE PLAYING TEST WILL NOT BE KEPT.

CONTINUOUS ASSESSMENT

The same as the global evaluation but deferred throughout the academic year

Sources of information

Basic Bibliography

Biernes, J., **Handbook on Drowning Prevention, Rescue, Treatment**, Springer, 2014

Fernández F., Palacios J., Barcala R, Oleagordia A., **Primeros auxilios y socorrismo acuático. Prevención e intervención**, Paraninfo, 2008

David Szpilman, M.D., Joost J.L.M. Bierens, M.D., Ph.D., Anthony J. Handley, M.D., and James P. Orlo, **Drowning**, N Engl J Med, 2012

Complementary Bibliography

PUBMED,

SCOPUS,

Recommendations

Subjects that continue the syllabus

Specialisation in individual sports/P02G050V01907

Other comments

It is recommended that students have neoprene as many practices will be carried out in a natural environment.

It is recommended that if there is a pre-existing health condition that may pose a risk for intense and extreme water activities (such as heart disease, epilepsy, dizziness, etc.) you choose another subject with less risk or evaluate your risk through medical advice.

If the student who presents a pathology that could be potentially dangerous for this subject, decides to take it, he should contact the occupational risk prevention service so that together with the teacher he can adopt the specific preventive

measures for the personal situation.

This subject involves intense practical activity in unstable environments. The student in their enrollment must assess her physical abilities and limitations, as well as her previous swimming level, tolerance to hypothermia or emotional coping with simulated situations related to aquatic / sports emergencies.
