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AVAILABILITY AND IMPORTANCE OF THE PHYSICAL EDUCATION AND BODY BUILDING COURSES IN EMERGENCY ASSISTANCE PROGRAM CURRICULUM IN TURKEY

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THE PROBLEM OF THE STUDY

Paramedics who work in ambulances, carry out activities requiring physical force such as taking the patient on a stretcher, transporting them from the scene to the ambulance and taking medical equipment and devices to the scene.

Health problems such as spinal hernia, chronic low back pain and varicose veins may occur in paramedics who have been working for many years. For this reason, it is important for the health care providers who will work in this field to build and maintain their body condition in order to lead a quality and healthy life.

In order to teach paramedics, the importance of sports and body building and to teach the correct use of body mechanics, it is an important requirement that "physical education and bodybuilding" courses are included in this curriculum.



THE PURPOSE OF THE STUDY

Evaluation of the presence of physical education and bodybuilding courses in the first and emergency curricula of foundation and state universities in our country.

METHOD

Identifying universities with first and emergency aid programs and scanning their internet-based curricula.

FINDINGS AND RESULTS

The curricula of 76 state universities and 45 foundation universities (n: 121) were evaluated. In 79% (n: 60) of state universities, 62% (n: 28) of foundation universities, physical education and bodybuilding or physical education were included in the curriculum. A total of 13 universities did not have this course and the curricula of 20 universities could not be reached. In the findings, it was observed that physical education courses were not included in the curricula in some universities, while universities in which physical education courses were included in the curricula were added to the curriculum as compulsory and optional in others. As a result, studies can be done to emphasize the importance of this course and to include it in curricula.

REFERENCES

<https://yokatlas.yok.gov.tr/onlisans-program.php?b=30198>

Üniversitelerin web sayfaları (ders müfredatları)