

### VALUE ADDED COURSE

<b>COURSE NAME</b>	<b>FIRST AIDS</b>
<b>COURSE CODE</b>	<b>VACFA</b>
<b>DURATION</b>	<b>30HR</b>

#### Program Outcome:

- To help students to understand what is First Aid
- To help them to administrate first aid during emergencies.
- To develop and expand knowledge of different first aid administration.

#### Learning Outcome

- Understand the process of administrating basic first
- To understand various type of band aids for different injuries.
- Quick response on emergencies
- Understand CPR administration
- Different type of sports injuries

#### Programme Outcomes:

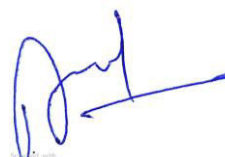
After the completion of this course, students will:

- Demonstrate basic First aid on any sort of emergencies.
- Demonstrate the ability to administrate various first aid.

#### Course Learning Outcomes

After the completion of this Programme students will have an understanding about:

- Role of First Aider during situations.
- Will be able to administrate various types of band-aids for different type of injuries.
- Understanding the importance of First aid in Physical Education and Sports.
- Incorporating positive affirmations and visualization into the practice
- Techniques for managing injured during first aid administration.

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Bhoyan Rathod, Gandhinagar.

## **Module 1:**

### **Unit1–Definition of First Aid and its Importance**

- Understanding what is First Aid and its importance during emergencies.
- Role of First Aider.
- Contents of First Aid box.
- Maintaining First Aid Box

### **Unit2–First Aid for Common Sports Injuries**

- How do Sports Injuries Occur.
- Prevention of Sports Injuries.
- CPR and its administration

### **Unit3–Classification of Sports Injuries**

- Acute injuries and its maintenance.
- Chronic or overuse injuries and its sequence.
- Type of wounds and its First aid.

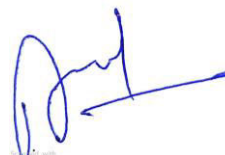
## **Module2:**

### **Unit4–Type of Band aids**

- Understanding the importance of specific band aids in First aid Administration.
- Triangular Bandage and its procedure & advantages.
- The Arm Slings and its importance in First aid administration.
- Large Arms lings and small Arm Slings and its procedure.

### **Unit5–Structure Drill**

- Blanketing and its aim, requirement and procedure.
- Procedure for loading the structure and its preparation.
- Advancing with structure and its lowering.
- Crossing a wall or fence and Advancement on a stair case.



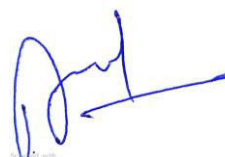
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### **Unit6–Most Common Sports Injuries and First Aid**

- Open wound and its first aid.
- Ankle sprain and its treatment.
- Hamstring pull and its first aid
- Shin splint and its recovery.
- Knee injuries and its type and recovery procedure.
- Tennis elbow, cramp & Fatigue and its first aid.

Each module can be designed as a standalone session or combined to form a comprehensive First aid and its procedure. It's important to consider the participants' level of experience and adapt the modules accordingly, ensuring proper guidance and modifications are provided throughout the sessions.

<b>MODULE3– ASSIGNMENTS</b>	
Assignments for Module 1 and 2	<p>Attempt all the following:</p> <ol style="list-style-type: none"> <li>1. Demonstrate administering first aid on an injured.</li> <li>2. Show the role of first aider on an emergency.</li> <li>3. Making of triangular bandages.</li> <li>4. Making and administration of Arms slings.</li> <li>5. Common injuries on sports ground and its prevention</li> <li>6. Practical on large arms sling and small arms sling making.</li> <li>7. Knee injuries and types of it.</li> <li>8. Cardio Pulmonary Resuscitation and its practice</li> </ol>

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