

**B.SC. –2 SEMESTER – 2**  
**Course Category: Open Elective (OE)**  
**Course code: B12OE2I&FAT**  
**SUBJECT: Injuries and First Aid**  
**(Department of Physical Education)**

**Objective**

1. To Promote recovery.
2. To Prevent the situation from getting worse.
3. To give immediate care.
4. To protect the casualty from further harm.
5. To relieve pain
6. To help for ensuring safe transportation to the nearest hospital.
7. To management of bleeding & infection.
8. To prevent the worsening of a patient's medical condition.

**Outcome**

1. The students will get the knowledge of common sports injuries.
2. Therapeutic and rehabilitative in nature.
3. The student will be explained about Posture (Good and Bad), Posture Deformities, its adverse effects and remedial measures.
4. The students to get knowledge about injury management essential for care of a Sports person
5. Managing Burns and wounds

**Injuries and First Aid**

**(2 Cr, 30 Hrs, 4Hr/Week)**

**Unit I**

- a) Meaning of Injury.
- b) Common Basic Injuries
- c) Various types of Injuries.
- d) Common **accidents** and emergencies

## Unit II

- a) Meaning of First aid
- b) Importance of First aid
- c) R.I.C.E.
- d) First aid Box

## Unit III

- a) Cold Therapy
- b) Hot Therapy
- c) Wax Therapy
- d) Mud Therapy

## Unit IV

- a) Meaning and Definition of Deformities
- b) Physical Deformities
- c) Physiological Deformities
- d) Remedies of all Deformities

**(2 Cr, 30 Hrs, 4Hr/Week)**

End Semester Examination (T) (SEE)	Continuous Internal Evaluation (CIE)	Minimum Passing Marks
30	20	40%
		20

Note 1 This Course will be of 20 marks (CIE) & 30 Marks (SEE) passing marks are 20 (40%)

## Reference

1. Rathbone, J.I. (1965) Corrective Physical education, London: W.B. Saunders & Co.
2. Stafford and Kelly, (1968) Preventive and Corrective Physical Education, New York.

3. Madden, C. & Netter, F. (2010). Netter's Sports Medicine. PA: Philadelphia. Saunders/Elsevier.
4. Norris, C. M. (2018). Sports and Soft Tissue Injuries: A Guide for Students and Therapists. Routledge.
5. Singh, A. (2014). Complete Guide to Sports Injuries. Friends Publications.
6. Singh, A. (2016). Athletic Care and Rehabilitation. Friends Publications.
7. Uppal, A. K. (2015). Posture, Athletic Care and First Aid. Friends Publications
8. Doherty, J. Meno, Wetb, Moder D (2000) Track & Field, Englewood Cliffs, Prentice Hal Inc.
9. Morris B. Million (1984) Sports Injuries and Athletic Problem. New Delhi: SurjeetPublication. Pande .
10. Christopher M. Norris. (1993). Sports Injuries Diagnosis and Management for Physiotherapists. East Kilbride: Thomson Litho Ltd.
11. James, A. Gould & George J. Davies. (1985). Physical Therapy. Toronto: C. V. Mosby Company.
12. Morris B. Million (1984) Sports Injuries and Athletic Problem. New Delhi: SurjeetPublication. Pande . (1998). Sports Medicine. New Delhi: Khel Shitya Kend ra
13. The Encyclopedia of Sports Medicine. (1998). The Olympic Book of Sports Medicine, Australia: Tittel Blackwell Scientific publications.
14. Doherty, J. Meno, Wetb, Moder D (2000) Track & Field, Englewood Cliffs, Prentice Hal Inc. Lace, M. V. (1951) Massage and Medical Gymnastics, London: J & A Churchill Ltd.
15. Me Ooyand Young (1954) Tests and Measurement, New York: Appleton Century.