

SREE NARAYANA GURU COLLEGE CHELANNUR
DEPARTMENT OF PHYSICAL EDUCATION
RELEVANCE OF NUTRITION AND FIRST AID IN DAILY LIFE

SYLLABUS FOR ADD ON COURSE

The course is intended to develop basic concept about Nutrition and First Aid and its implications in regular life. It also provides the knowledge regarding role and duties of First Aider and various Modalities of First Aid. The programme delivers practical training on various first aid procedures and emergency life saving techniques.

Module 1: Introduction Nutrition

- 1.1 Definition Nutrition
- 1.2 Macro Nutrients and Micro Nutrients
- 1.3 Vitamins and Minerals
- 1.4 Balance diet and Weight Management

Module 2: Introduction to First Aid and Responding to Emergencies

- 2.1 Definition and objectives of First Aid
- 2.2 Dealing With an Emergency
- 2.3 ABC and CPR in First Aid
- 2.4 Lifesaving apparatuses and Recovery Position.
- 2.5 2.5 First Aid box

Module 3: Bleeding, Shock, Soft tissue, and Bone Injuries

- 3.1 Abrasions, Incisions, Lacerations, Puncture, Avulsions
- 3.2 Nose bleeding
- 3.3 Amputation and Shock
- 3.3 Strain and Sprain
- 3.4 Burning
- 3.5 Fracture and Dislocation

Module 4: Head Injuries and Heat and cold related Illness

- 4.1 Concussion
- 4.2 Skull fractures
- 4.3 Heat Exhaustion
- 4.4 Heatstroke
- 4.5 Frostbites

Practical

1. Wound Dressings
2. ABC
3. CPR
4. Different Bandaging Techniques
5. Transportation Of Unconscious and Spinal Injured Person

Teaching Hours

	Teaching contents	Work Hours
1	Theory	20 hrs.
2	Practical	10 hrs.
	Total	30 hrs.

References

- Ambulance, S. J. (2017). *Emergency First Aid*. Deakin West: National Publications.
- Indian Red Cross Society. (2016). *Indian First Aid Manual*. New Delhi: St. John Ambulance Association.
- Institute, A. S. (2008). *Basic First Aid For the Community and Workplace* . United States.
- Physicians, A. C. (2014). *First Aid Manual Step by Step for everyone* . United States: DK Publishing.