



ST. THOMAS COLLEGE PALAI

UGC Approved College with Potential for Excellence
Reaccredited by NAAC with A Grade (CGPA 3.30)

Syllabus for Vocational Education and Training (VET) Course

Sports First Aid

Course Code	:	STCVE023
Course Coordinator	:	Ashish Joseph Assistant Professor Department of Physical Education
Maximum intake	:	40
Eligibility	:	<i>Any regular UG or PG student of the College</i>

Objective:

- (1) This course provides training for conducting emergency action steps; performing the physical assessment; administering first aid for bleeding, tissue damage, unstable injuries; moving an injured athlete, returning athletes to play and other basic first aid procedures relating to sports injuries.

Module 1	Introduction to First Aid: The role of the sports first aider, Managing an emergency, Communication and casualty care, Primary survey, Extremes of heat and cold, managing a casualty outdoors.
Module 2	First aid for sports injuries: Bleeding, Bone, muscle and joint injuries, Chest pains
Module 3	Emergency procedures: Resuscitation (adult and child CPR), Shock, Unresponsive casualty.

References *Sport First Aid 5th Edition, By Melinda Flegel, Human Kinetics*

Theory: **80%** & Practical: **20%**