

## SEMESTER LECTURE PLAN

**Name of the College: Government College of Arts, Science and Commerce. Sanquelim - Goa**

**Name of Faculty:** Ms. Mithali Halarnkar

**Subject:** Zoology

**Paper code:** ZOO-231 Standard First Aid

**Program:** S.Y. BA

**Division:** A

**Academic year:** 2024 - 25

**Semester:** III

**Total Lectures:** 15

### Course Objectives:

1. Acquire basic knowledge and skills for providing first aid.
2. Understanding the first aid intervention needed for various emergencies.
3. Familiarizing the principles and operational aspect of a first aid response.
4. Analyze common medical emergencies and appropriate first aid responses.

### Expected Course Outcome: At the end of the course, students will be able to:

1. Explain the first aid interventions needed for various emergencies.
2. Apply the principles of first aid management in managing emergency situations.
3. Differentiate between various injuries.
4. Assess the seriousness of the emergency scene/situations to take appropriate action.

Month	Lecture From	Lecture To	No. of lectures allotted	Topic, Subtopic to be covered	Exercise/Assignment	ICT Tools	Reference books
June	26/06/2024	30/06/2024	1	Topic 1 : Introduction		Blackboard, Power point,	L. Gupta, A. Gupta, Manual of first aid : Management of general injuries, sports injuries and common ailments, New

					You Tube	Delhi Jaypee Brothers, 1995. M. Flegel, Sport First Aid, Human kinetics USA, 2004.
July	01/07/2024	07/07/2024	1	Topic 2 : Principles and first aid intervention		L. Gupta, A. Gupta, Manual of first aid : Management of general injuries, sports injuries and common ailments, New Delhi Jaypee Brothers, 1995.  M. Flegel, Sport First Aid, Human kinetics USA, 2004.
July	08/07/2024	14/07/2024	1	Topic 3: exposure to cold including frostbite and hypothermia.	Blackboard, Power point, You Tube, Google classroom	
July	15/07/2024	21/07/2024	1	Topic 4: exposure to heat including heat cramps, heat exhaustion, and heat stroke		
July	22/07/2024	28/07/2024	1	Topic 5: Animal bites and Stings		
July/August	29/07/2024	04/08/2024	1	Topic 6 Animal bites and Stings	Blackboard, Power point, You Tube, Google classroom	L. Gupta, A. Gupta, Manual of first aid : Management of general injuries, sports injuries and common ailments, New Delhi Jaypee Brothers, 1995.  M. Flegel, Sport First Aid, Human kinetics USA, 2004
August	05/08/2024	11/08/2024	1	Topic 7: Animal bites and Stings		
August	12/08/2024	18/08/2024	1	Topic 8: Site of injury : Head and neck	Blackboard, Power point, You Tube	
August	19/08/2024	25/08/2024	1	Topic 9 : Site of injury : Head and neck	Blackboard, Power point, You Tube, Google classroom	
August	26/08/2024	01/09/2024	1	Topic 10 : Site of injury : Head and neck		L. Gupta, A. Gupta, Manual of first aid : Management of general injuries, sports injuries and common ailments, New Delhi Jaypee Brothers, 1995.  M. Flegel, Sport First Aid, Human kinetics USA, 2004
September	02/09/2024	08/09/2024	1	Topic 11 : Site of injury : Chest		
September	09/09/2024	15/09/2024	1	Topic 12 : Site of injury :Abdomen		
September	16/09/2024	22/09/2024	1	Topic 13 : Site of injury :hand and food	Blackboard,	

ber	024	24		injuries		Power point, You Tube, Google classroom	
Septem ber	23/09/2 024	29/09/20 24	1	ISA 3.			
Sept/ Octobe r	30/09/2 024	06/10/20 24	1	Topic 14: Site of injury :hand and food injuries			L. Gupta, A. Gupta, Manual of first aid : Management of general injuries, sports injuries and common ailments, New Delhi Jaypee Brothers, 1995.
Octobe r	07/10/2 024	13/10/20 24	1	Topic 15 : Site of injury :hand and food injuries		Blackboard, Power point, You Tube, Google classroom	M. Flegel, Sport First Aid, Human kinetics USA, 2004

**\* Assessment  
Rubrics**

Compon ent	Max Marks
ISA 1	7.5
ISA 2	7.5
ISA 3	7.5
Semester End Exam	60