

Lecture Plan		
Name of the College: Government College of Arts, Science and Commerce. Sanquelim - Goa		
Name of Faculty: Mrs. Preethi M. Pednekar	Subject: MC Zoology	
Paper code: ZOO 231 Standard First Aid	Program: S.Y. B.A	Division: B
Academic year: 2025-26	Semester: III	Total Lectures: 15
Course Objectives: 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		
Expected Course Outcome: By the end of this 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.							
Student Learning Outcome: By the end of this 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 2025	23/6/25	28/6/25	1	Basic First Aid- Aims of first aid & First aid and the law,		Power point presentation	L. Gupta, A. Gupta, Manual of first aid : Management of general injuries, sports injuries and common ailments, New Delhi Jaypee Brothers, 1995. 2. M. Flegel, Sport First Aid, Human kinetics USA, 2004.
July	30/6/25	5/7/25	1	, Dealing with an emergency,			

				Resuscitation (basic CPR),			
	7/7/25	12/7/25	1	Recovery position, Initial top to toe assessment.			
	14/7/25	19/7/25	1	Hand washing and Hygiene, Types and Content of a First aid Kit.			
	21/7/25	26/7/25	1	First aid Technique- Dressings and Bandages, Fast evacuation			
	28/7/25	2/8/25	1	Fast evacuation techniques (single rescuer), Transport techniques.			
Aug	4/8/25	9/8/25	1	Symbols associated with First aid Shock- Principles and first aid intervention in: a. shock due to injury.			
	11/8/25	16/8/25	1	b. shock due to allergic reactions. c. Appropriate assessment and first aid treatment of a victim who has fainted.			
	18/8/25	22/8/25	1	Bleeding a. Types of bleeding including arterial, venous,			

				capillary, external, and internal.			
	2/9/25	8/9/25	1	The principles and performance of bleeding control interventions including direct pressure, pressure points, elevation, and pressure bandaging.			
	9/9/25	15/9/25	1	The principles and performance of bleeding control interventions including direct pressure, pressure points, elevation, and pressure bandaging.			
	16/9/25	22/9/25	1	the principles of wound care including infection precautions, wounds requiring medical attention			
	23/9/25	29/9/25	1	the need for tetanus prophylaxis .			
Oct	30/9/25	6/10/25	1	Videos on bandaging techniques			
	7/10/25	13/10/25	1	Videos on pressure bandaging			

	14/10/25	18/10/25	1	Revision videos on emergency response and CPR			

*** Assessment Rubrics**

Component	Max Marks
ISA 1	7.5
ISA 2	7.5
Practical	25
Project	--
Semester End Exam	60