

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-231Standard 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-July	22/06/2025	28/06/2025	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	30/06/2025	05/07/2025	1	Topic 2 : Principles and first aid intervention		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.
July	07/07/2025	12/07/2025	1	Topic 3: exposure to cold including frostbite and hypothermia.			
July	14/07/2025	19/07/2025	1	Topic 4: exposure to heat including heat cramps, heat exhaustion, and heat stroke			
July	21/07/2025	26/07/2025	1	Topic 5: Animal bites and Stings			
July August	28/07/2025	02/08/2025	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	04/08/2025	09/08/2025	1	Topic 7: Animal bites and Stings			
August	11/08/2025	16/08/2025	1	Topic 8: Site of injury : Head and neck		Blackboard, Power point, You Tube	
August	18/08/2025	23/08/2025	1	Topic 9 : Site of injury : Head and neck		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
September	01/09/2025	06/09/2025	1	Topic 10 : Site of injury : Head and neck			
September	08/09/2025	13/09/2025	1	Topic 11 : Site of injury : Chest			
September	15/09/2025	20/09/2025	1	Topic 12 : Site of injury :Abdomen			
Septem	22/09/2025	27/09/2025	1	Topic 13 : Site of injury :hand and food		Blackboard,	

ber	025	25		injuries		Power point, You Tube, Google classroom	
Septem ber Octobe r	29/09/2 024	04/10/20 24	1	ISA 3.			
Octobe r	06/10/2 025	11/10/20 25	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	13/10/2 025	18/10/20 25	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