

SYLLABUS

CERTIFICATE COURSE IN PHYSICAL EDUCATION AND PHYSICAL EMERGENCY MANAGEMENT

Paper I - Physical Education(15 Classes)

1. Physical Education

- a. Physical Education- Meaning and Definition
- b. Aims and Objectives
- c. Scope of Physical Education
- d. Relationship of Physical Education to General Education

2. Biological Principal in Physical Education

- a. Growth and Development
- b. Body type, Structural and functional difference in Male and Female
- c. Principal of Exercise-Normal load, crest load, over load
- d. Exercise for Healthful living (Practical)

3. Psychology and sociological in physical education

- a. Laws of Learning
- b. Transfer of Training
- c. Social Values
- d. Effects of Emotion on Health

4. Remedial and corrective in physical education

- a. Meaning, definition and importance of posture
- b. Scope of posture education
- c. Correct and incorrect posture
- d. Body type

Paper II - Physical Emergency Management (35 classes)

1. Principal of First Aid

- a. Definition
- b. Objectives
- c. Principal
- d. Golden rules of first aid
- e. Kit for first aider

2. Resuscitation techniques (Theory and practical)

- a. Basic life support (ABCs)
- b. Breathing
- c. Mouth to Mouth Ventilation
- d. Procedure of Artificial Ventilation

3. Recovery position (Theory and Practical)

- a. Advantage of Recovery Position
- b. How to make Recovery Position

4. Dressings and Bandages (Theory and Practical)

- a. Types of dressing
- b. General rules for applying Dressing
- c. General rules for applying bandages
- d. Types of bandages

5. Haemorrhage or Bleeding (Theory and Practical)

- a. Type of haemorrhage
- b. Special forms of bleeding

6. Fractures (Theory and Practical)

- a. Causes and management of fracture

7. Effect of Temperature

- a. Sun burn
- b. Frost bite
- c. Dehydration
- d. Heat exhaustion
- e. Heat Stroke

8. Sport Injuries

- a. First aid in muscle injury, joint injury and ligament injury

- b. Knee
- c. Jumper's Knee
- d. Bursitis
- e. Shin pain
- f. Tennis leg
- g. Plantar Fastitis
- h. Blisters
- i. Eye, Ear, Dental, Maxilofacial, Nasal injuries

Paper III - Food and Nutrition (5 Classes)

- a. Balance Diet
- b. Fuel value of food