



# **ONDA THANA MAHAVIDYALAYA**

Value Add-on Course on

## **Basic Life Support for Physical Education**

**Offered by**

**Department of Physical Education**

(18-03-2025 to 03-06-2025)

## **Course Title:** Basic Life Support for Physical Education

**Course Duration:** 32 Hours

### **Course Outcomes:**

- ❖ Explain the principles and importance of Basic Life Support (BLS) in the context of physical education and sports activities.
- ❖ Identify and assess emergency situations commonly occurring in physical activity settings, including cardiac arrest, respiratory distress, and injuries.
- ❖ Demonstrate the correct procedures for performing Cardiopulmonary Resuscitation (CPR) on adults, children, and infants.
- ❖ Apply first aid techniques for handling fractures, sprains, heat-related illnesses, bleeding, and other sports-related injuries.
- ❖ Use Automated External Defibrillators (AEDs) effectively in conjunction with CPR as part of the BLS protocol.
- ❖ Exhibit confidence and decision-making skills in providing immediate care until professional medical help arrives.
- ❖ Promote safety awareness and emergency preparedness among peers in physical education and sports settings.

## **Course Content:**

### ➤ **Introduction to Basic Life Support (BLS)**

- Definition, objectives, and scope of BLS
- Importance of BLS in physical education and sports settings
- Chain of Survival and the Golden Hour concept
- Legal and ethical considerations (Good Samaritan Law)

**Resource Person:** Sri. Tusarkanti Sannigrahi (Course Coordinator and Internal)

### ➤ **Assessment of Emergency Situations**

- Scene safety and primary survey (DRSABCD: Danger, Response, Send for help, Airway, Breathing, CPR, Defibrillation)
- Secondary survey and vital signs
- Recognizing signs of cardiac arrest, choking, unconsciousness, and major injuries

**Resource Person:** Sri. Tusarkanti Sannigrahi (Internal)

### ➤ **Cardiopulmonary Resuscitation (CPR)**

- CPR techniques for adults, children, and infants
- Hands-only CPR vs conventional CPR
- Rescue breathing and chest compressions
- Practical sessions on CPR using mannequins

**Resource Person:** Sri. Joymalya Paramanik (Internal)

### ➤ **First Aid for Sports Injuries**

- Management of sprains, strains, fractures, dislocations
- First aid for bleeding, burns, concussions, and head/spinal injuries
- R.I.C.E. method (Rest, Ice, Compression, Elevation)
- Management of common emergencies like nosebleeds, cramps, dehydration, and seizures

**Resource Person:** Sri. Arijit mal (Internal)

➤ **Use of AED and Emergency Equipment**

- Introduction to Automated External Defibrillators (AED)
- Safe operation and maintenance of AEDs
- Demonstration and practice with training AEDs
- Overview of first aid kits and emergency supplies

**Resource Person:** Sri. Tusarkanti Sannigrahi (Internal)

➤ **Emergency Response Planning**

- Creating emergency action plans (EAP) for sports and physical education settings
- Role of physical educators in emergency response
- Communication with emergency services and bystanders
- Simulation drills and group role-playing

**Resource Person:** Sri. Arijit Ganguly (Internal)

➤ **Safety, Prevention & Health Promotion**

- Preventive strategies in sports and physical activity environments
- Hydration, warm-up, and cool-down protocols
- Promoting safety culture in schools, gyms, and sports fields
- Educating peers and students about BLS

**Resource Person:** Sri. Tusarkanti Sannigrahi (Internal)