

Govt. College, Amargarh

Syllabus for Sports First Aid and Injury Prevention

Physical Department

Duration: - 1 Month

Sr. No.	Topics
1.	Introduction to Sports First Aid
2.	Common Sports Injuries and Their Assessment
3.	Immediate Care Techniques and First Aid Principles
4.	Injury Prevention Strategies in Sports
5.	Rehabilitation and Recovery Methods

Learning Outcomes:-

Upon completion of the course, participants will be able to:

- Demonstrate proficiency in identifying and assessing common sports injuries.
- Apply appropriate first aid techniques and immediate care protocols in sports-related emergencies.
- Design and implement injury prevention strategies for athletes and sports participants.
- Develop a comprehensive understanding of rehabilitation and recovery techniques for sports injuries.



Meenu
Principal
Govt College
Amargarh (Sangrur)
3/8/24

• **Evaluation Process:-**

➤ **Grading Categories**

- a. Practical work 60%
- b. Assessments 30%
- c. Class Participation 10%

➤ **Grading Scale**

100-90% A
89-80% B
79-70% C
69-60% D
59-0% E

Heeny
Principal
Govt College
Amargarh (Sangrur)
Heeny

