

**Name of the Department: Physical Education and Sports Sciences**  
**OEC: Health and Safety Education**

<b>Course Title: Health and Safety Education</b>	<b>Course code: 21BAOEPE</b>
<b>Total Contact Hours: 2 - 0 - 2</b>	<b>Course Credits: 3</b>
<b>Internal Assessment Marks: 40</b>	<b>Duration of SEE:3 hours</b>
<b>Semester End Examination Marks: 60</b>	

**Course Outcomes (COs):**

**At the end of the course, students will be able to:**

1. Student will be able to understand the Health, Hygiene and Dimension of the Health.
2. Students will be able to understand the Diseases, Public Health and Safety.

**OEC: Health and Safety Education**

<b>Unit</b>	<b>Description</b>	<b>Hours</b>
1	<b>Introduction of Health:</b> Factors Influencing Health: Heredity, Environment and Habits, Physical and Mental Health- Meaning and Dimensions, Personal Hygiene: Skin, Mouth, Teeth, Nails, Clothing, Shoes, Food, Exercises, Sleep and Relaxation	10
2	<b>Communicable Diseases:</b> Meaning and Definition of Communicable Disease, Causes of Communicable Diseases, Spread of Infections, Preventive measures of Malaria, Filariasis, Typhoid, Cholera, Dysentery, Small Pox, whooping Cough, Tuberculosis and AIDS	10
3	<b>Public Health and Safety:</b> General Methods of Sanitation, Supply of Drinking Water and Methods of Water Purification, Safety Measures and Precaution: At Home, Street, Play Ground, First Aid: Introduction, Principles of First Aid, Duties of First Aider.	08
	<b>Practical</b> Practical First Aid, First Aid Requirements during Sports Competition, Actions during emergencies: SCA, Fractures, Breathlessness, Cramps, Sprains, Strain.	28

**References**

1. 12 Easy Ways to Improve Safety in the Workplace. (2019). Retrieved June 08, 2020 from [vigilanttiger.com](http://vigilanttiger.com)
2. 6 HR Tips to Promote Workplace Safety. (2016). Retrieved June 08, 2020 from [yoh.Com](http://yoh.Com).
3. Two Types of Safety Education. (2008). OSHAcademy. Retrieved June 08, 2020 from [oshatrain.org](http://oshatrain.org)
4. E-Books: Health and Safety at Work Key Terms
5. E-Books: The Safety-Critical Systems Handbook 4th edition
6. E-Books: Fundamental principles of occupational health and safety
7. Managing for Health and Safety: A revised edition of one of HSE's most popular

guides (HSG Health and Safety Guidance) 2013

8. Workplace Health, Safety and Welfare: Workplace (Health, Safety and Welfare) Regulations 1992. Approved Code of Practice and Guidance, L24 (Legal Series)