

Course Name: Bachelor of Physical Education
Year - IInd (Part-1)
Paper Name - Methods of Physical Education
Topic Name - Teaching of Games
Topic No. - Section - C
Paper No. - IIIrd
Lecture No. – 12

Lecture Title

Safety Precautions in Physical Education Training

F.A.Q's

Q1. What is emergency action plan ?

A1. The first step in establishing a safe physical environment is creating an emergency action plan. Well- planned EAP can make a significant difference in the outcome of an injury situation.

Q2. What is CPR ?

A2. Cardio Pulmonary Resuscitation is a first – aid technique used to keep victims of cardiac arrest alive. It also prevent brain damage while the individual is unconscious and more advanced medical help is on the way. CPR keeps blood flowing through the body and in and out of the lungs.

Q3. What are the symptoms of Hyperglycemia ?

A3. –symptoms:-

- increased thirst
- Weakness
- Blurred vision
- Frequent urination
- Loss of appetite.

Q4. What are the emergency guidelines in school ?

A4. School personnel should follow the EAP guidelines during an emergency to keep danger from progressing. Communication, conducting a pre- participation physical examination and maintaining first aid and emergency medical supplies, constitute the core of an EAP.

Q5. What items should be a part of first aid kit ?

A5. The first aid kit should include items and supplies that will treat a range of potential injuries. Instructors should tailor the first aid kit's contents based on the type of sport the students are playing.