



FIRST AID AND PHYSICAL EDUCATION

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ABSTRACT

What men call an accident is the doing of God's providence". Accidents take place at home, in schppls, on play fields, industries or elsewhere. So every one should know what to do in such situation. If proper help is not given in time the patient's condition get worse or if proper care is not taken it may cause danger to life. The need and importance of first aid more realized when any individual dies before you just to the poor knowledge or ignorance of first aid.

KEYWORDS: Physical Education and Sports activities , poor knowledge, Gymnasium, swimming pool.

INTRODUCTION:

Physical Education and Sports activities demand sufficient knowledge of first aid since participation in sports involves variety of movements



which some time lead to variety of injuries. Therefore, whosoever enters in the play field , Gymnasium, swimming pool, different kinds of terrain and so on must have the knowledge of fundamental principles of first aid.

MEANING AND DEFINITIONS OF FIRST AID:

The terms "First Aid" was adopted officially in England for the first time in 1879 by the St. John Ambulance Association". First aid is a combination of simple but quite effective and active measures to prevent possible complications. First aid means the treatment given to the casualty till

proper medical aid comes. In other words, the first aid is the process of carrying out the essential emergency treatment in an injury/ illness in order to benefit the casualty till the proper medical services are rendered.

First aid is the immediate and temporary care given to the victim of an accident or sudden illness. Purpose of First Aid till the medical aid is given by the competent and qualified personnel.

PURPOSE OF FIRST AID:

The purpose of first Aid is to preserve life, assist recovery and prevent aggravation of the condition, until the services of a doctor can be obtained, or during

transport to the casualty's home.

THE PREREQUISITE PERSONAL QUALITIES OF FIRST AIDER:

The following are some of the utmost important personal qualities of the "First Aider"

- 1) He should be calm and quite.
- 2) He should be able to maintain order as far as possible until the arrival of or reaching at emergency centre, where emergency staff assume control.
- 3) He should be quick but hasty in taking decisions.
- 4) He should be observant about conditions arising out of accident.
- 5) He should be innovative to use some other first aid material of real one, if need arises.

TYPES OF FIRST AID:

- 1) Self Aid
- 2) First Aid

FIRST AID BOX:

- 1) Sterile gauze pieces.
- 2) Bandages of different

sizes.

- 3) Adhesive plasters of different sizes.
- 4) Scissors, safety pins, needles, tweezers etc.
- 5) Pads of various sizes
- 6) Splints
- 7) Antiseptics, dettol, spirit, tincture and so on.
- 8) silver sulfa diazine cream

REASONS OF SPORTS INJRIES :

- 1) Poor physical fitness of players/ students.
- 2) Poor mental/ psychological preparation to take part in a particular activity/game.
- 3) Inadequate warming up bractising / competitton.
- 4) By using substandard sports equipment or sports wears.
- 5) Adopting faulty skill of the particular.

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