

HEALTH EDUCATION, SAFETY EDUCATION AND FIRST AID

UNIT - I

Meaning - Definition of Health Education –Aim, Scope of Health Education-
role of International Organizations (WHO, UNICEF), National, State Level
Health Organizations

UNIT - II

Physical Health- Physical Fitness – Health related fitness – performance
related fitness – components of Health related fitness and performance
related fitness – mental health.

UNIT - III

Communicable Diseases - Causes, modes of spread – Prevention of
Tuberculosis, Malaria, Filariasis, small pox, Chicken pox, and AIDS

UNIT - IV

Definition of Safety Education- factors affecting safety Education –need and
Importance of Safety Education - Safety in Play fields, swimming pool,
Gymnasium.

UNIT - V

Definition - Importance of First Aid - Athletic injuries: Sprain, Strain,
contusion, Fracture, Dislocation, Muscle Cramp, Abrasion and Puncture.

Books for Reference:

- 1) Park and Park “Preventive and social medicine”
- 2) Anderson “School Health Practice”.
- 3) Bedi Yashpal “Social and Preventive medicine”.