

**DISCIPLINE SPECIFIC ELECTIVE
(DSE-2A) (THEORY) (Opt any one)
SEMESTER VI
SAFETY EDUCATION**

Max. Marks =100

Theory = 70 Marks + Internal Assessment = 30 Marks

BES-E601

Time allowed: 3Hrs

The Course learning outcomes (COs): On completion of the four years B.P.E.S, program, the students will be learning and able to do/perform the following.....

CO-1. Define the Meaning and Definition of Safety Education.

CO-2. Discuss the components of health, wealth and Physical Fitness.

CO-3. Acquiring the knowledge of Safety on & off the field.

CO-4. Determining the Safety equipment's and surface area.

CO-5. Applying the knowledge of Safety education during Indoor and Outdoor games.

CO-6. Review the impact of Safety education on sports injuries

Unit 1

Safety Education: Introduction, Meaning & definition of Safety Education,

Aims & Objectives of Safety Education

Significance of Safety Education in Physical Education & Sports

Unit 2

Components of Safety for Health, Wealth & Physical Fitness

Safety on and off the field

Role of Coach

Role of Officials

Unit-3

Safety equipment's for indoor games

Precautions & handling of equipment's

General instructions for safety during indoor games

Surface area while playing

Unit 4

Safety equipment's for outdoor games

Precautions & handling of equipment's

General instructions for safety during outdoor games

Surface area while playing

Safety education and prevention of injuries

BOOKS RECOMMENDED

Juvenile Nonfiction, This is how we stay safe, Dorling Kindersley ltd, ISBN: 9780241502679

Juvenile Fiction, The complete guide to playground development, RGC Design, ISBN: 9780615209852, 9780615209852