

COURSE BROCHURE

Sports & Outdoor First Aid - Theory

Health, Nutrition & Fitness / First Aid & Emergency Preparedness

One-time full-course fee

INR 1,499

Access

12 months course access

Study plan

Self-paced online theory · 12 months access

Learning format

Self-paced online theory: written lessons, scenarios, answered checks and a final self-assessment

Programme overview

Plan safe event and outdoor responses to collapse, concussion, injury, exposure and delayed help. 16 written lessons including a final self-assessment, scenarios, paper exercises and answered checks. Online theory only; no live classes, videos, practical assessment or accredited first-aid/CPR/BLS certificate. Twelve months access. Related courses share named foundation readings.

Who this is for

- 1 For adult learners aged 18+, including adult parents, caregivers, staff and coaches. English reading content.
- 2 Online theory and preparedness only. No hands-on assessment, accredited first-aid/CPR/BLS certification or institute affiliation. Arrange qualified practical training separately.
- 3 Related courses share the named foundation readings. Compare the lesson index before buying more than one course; the seven products are separate purchases.

Published topics and learning focus

- 1 First-aid role, consent and scene safety
- 2 Calling 112, allocating tasks and handing over
- 3 Sports events: stop-play decisions and response roles
- 4 Outdoor activities, location and delayed help
- 5 Recognising collapse and changes in breathing
- 6 Adult CPR: sequence and quality concepts
- 7 AED awareness and a coordinated response
- 8 Severe bleeding and recognition of shock
- 9 Head injury, concussion and suspected spinal injury
- 10 Sprains, fractures and safe support
- 11 Heat illness, cold exposure and urgent cooling
- 12 Bites, stings and snakebite priorities
- 13 Water incidents and drowning response awareness
- 14 Breathing difficulty and severe allergic reactions
- 15 Unresponsive but breathing: positioning and observation
- 16 Final casebook and self-assessment

Before you choose

- 1 These are published programme highlights, not certification of complete syllabus coverage. Review the available reading index and programme trial before enrolling.
- 2 ZELVU provides learning support. It does not award the underlying degree, professional registration or an examination result.
- 3 Current checkout terms and refund policy apply. Payment and access require successful provider verification.

Take the next step

[Explore the programme trial](#)[View current details, scope and terms](#)[Ask ZELVU about this programme](#)

Save this brochure for reference. Details can change: confirm the current programme page and checkout before making a purchase.