

Course Syllabus

Course Description

In this course, students learn and practice first aid procedures for a variety of common conditions, including muscular, skeletal, and soft tissue injuries. In addition, students learn how to appropriately respond to a variety of emergency situations. They also learn the procedures for choking and CPR for infants, children, and adults. In addition to emergency response, students will explore personal, household, and outdoor safety, and disaster preparedness.

Units & Tasks

This course is divided into the following Units and Sections.

- **Course Introduction**
- **Unit 1: Safety & Injury Prevention**
 - *Personal Health*
 - *Personal Safety*
 - *Preparedness*
- **Unit 2: Basic First Aid**
 - *Emergencies & Disasters*
 - *Introduction to First Aid*
 - *Rules and Procedures*
 - *Assessing the Victim*
- **Unit 3: Muscle & Skeletal Injuries**
 - *Muscle Injuries*
 - *Skeletal Injuries*
- **Unit 4: Soft Tissue Injuries**
 - *Cuts and Contusions*
 - *Hot and Cold Emergencies*
 - *Bites, Stings, and Allergic Reactions*
- **Unit 5: Life Threatening Injuries**
 - *CPR, AED, and Choking*
 - *Stroke and Heart Attack*
 - *Other Emergencies*

Within each section you will find the following tasks to view or complete:

1. **Checklist**—an outline of tasks for that section
2. **Lessons**—multimedia online lesson(s) about the section topic
3. **Field Trip**—links to other online sites with additional fitness information
4. **Reflection***—a journal reflecting on material learned
5. **Discussion***—class discussion on an assigned topic
6. **Assignment***—section assignment
7. **Vocab Check**—assessment
8. **Quiz***—assessment of lesson comprehension

First Aid & Safety

The items noted with an asterisk above are those that must be submitted for a grade. The “Course Introduction” section has more detailed information on the navigation and tasks for this course.

Assignments and Grading

Each section of this course is designed to be completed in about one week’s time for a 16-18 week course. If you have less time to complete this course, you may need to move through each section at a faster pace.

Please see the detailed schedule or consult with your instructor for more information on points possible and due dates.

Materials

There are no required materials for this course.

Technical Requirements

A PDF reader and a word-processing program are required for this course. It is also recommended that you have either a Flash player or MP4 player. Below you will find links to download free or trial versions of these programs.

- Flash Player, <http://get.adobe.com/flashplayer/>
- Adobe Reader, <http://get.adobe.com/reader/>
- QuickTime MP4 Player, <http://www.apple.com/quicktime/download/>
- Word Processing Programs:
 - Microsoft Word, <http://office.microsoft.com/en-us/try/>
 - Open Office, <http://www.openoffice.org/download/>