

### First Aid & Safety

**Carone Learning Category:** Career

**Subject:** Elective/CTE

**Recommended Grade Level:** 9-12

**Course Credit:** One semester, 0.5 credits (5 units in CA)

**Recommended Pre-Requisites:** None

#### 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 students 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

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4. **Reflection\***—a journal reflecting on material learned
5. **Discussion\***—class discussion on an assigned topic
6. **Assignment\***—section assignment
7. **Vocab Check**—flash card activity to review vocabulary terms
8. **Quiz\***—assessment of lesson comprehension

The items noted with an asterisk above are those that must be submitted for a grade. A unit exam will be found at the end of every unit, as well as a comprehensive final exam at the end of the course.

## Pacing

There are 16 sections in this course. Each section is designed to be completed in about one week's time. However, students may take more or less time as needed. A recommended pacing guide is provided within the course.

## Parent & Teacher Guides

Parent and teacher guides available.

## Materials

There are no required materials for this course.

## Technical Requirements

An internet connection and computer or tablet hardware is required. Software requirements include a PDF reader, word-processing application (such as Word), MP4/video player, and Flash player (optional). Free downloadable software is available for each of these.