

## ASD Academic Plan

### Physical Education: First Aid

<b>Grade Level: 9-12 grade</b>	<b>Course Description:</b> This course is designed to prepare students to assist themselves and others, in case of injury or sudden illness, when medical and hospital services are limited or delayed. Emphasis will also be placed on safety awareness in the home, school, community and on the streets and highways. The new Red Cross certification will be given to those students who complete the requirements of this course.
<b>Length: Semester</b>	
<b>Prerequisites: None</b>	
<b>Repeatable for additional credits: Not repeatable for students who received passing grade.</b>	

### Learning Outcomes At a Glance

QUARTER 1	QUARTER 2
<ul style="list-style-type: none"> <li>• Describe your role in an emergency situation.</li> <li>• Identify the most important action you can take in a non-life threatening emergency.</li> <li>• Identify and describe the three emergency action steps.</li> <li>• Explain when and how to call 9-1-1 or local emergency #.</li> <li>• Describe how to minimize the risk of disease transmission when giving care.</li> <li>• Be able to describe any limitations you should be aware of before attempting to move a victim.</li> <li>• Identify eight body systems and the major structures in each.</li> <li>• Describe conditions within each body system that require emergency care.</li> <li>• Describe how to check for life-threatening and non life-threatening situations for an adult, child or infant.</li> <li>• Identify the causes and type of care needed for breathing emergencies, respiratory distress and choking in adults, children and infants.</li> <li>• Be able to describe and perform the steps in the Cardiac Chain of Survival/CPR on an adult, child or infant in a cardiac emergency situation.</li> <li>• Identify the signals of external and internal life-threatening bleeding and how to care for and control bleeding on a victim.</li> <li>• Identify situations/conditions/symptoms that can result in shock and how to care for or prevent shock.</li> <li>• Describe steps/strategies to help reduce the risks of personal injury.</li> <li>• Identify ways to improve safety at home, work or at play.</li> </ul>	<ul style="list-style-type: none"> <li>• Be able to describe the types of care needed to treat soft tissues injuries.</li> <li>• Identify basic musculoskeletal injuries, signs of the seriousness of the injury and general care for the injury.</li> <li>• Demonstrate the ability to identify, treat and effectively care for injuries to the extremities until professional help arrives.</li> <li>• Identify common causes of head, neck and back injuries.</li> <li>• Describe how to care for specific injuries to the head, face, neck and lower back.</li> <li>• Explain why injuries to the chest, abdomen and pelvis can be fatal.</li> <li>• Describe how to care for injuries to the chest, abdomen and pelvis until professional help arrives.</li> <li>• Be able to recognize types of sudden illnesses and describe the general guidelines to care for a victim of a sudden illness.</li> <li>• Identify the symptoms/signals of a poisoning, insect bites or sting and how to treat any of these types of injury.</li> <li>• Identify the risk factors that increase a person's susceptibility to a heat- or cold-related emergency.</li> <li>• Describe the signs/symptoms and care for heat or cold related injuries.</li> <li>• Describe ways to prevent heat and cold related emergencies.</li> <li>• Describe considerations for checking victims with special needs or circumstances based on age or physical, mental or language barriers.</li> <li>• Understand and explain what you should do if you encounter a crime scene or a hostile victim.</li> </ul>