

First Aid & Safety

Detailed Schedule

This schedule is a recommended pacing chart for the course. It shows the sections, tasks, assignments, and points possible. Each section is designed to be completed in about one week's time for a 16 week course. However, if you have less time to complete the course, you may need to move through the sections more quickly. Your teacher may also have a set schedule he/she would prefer you to use. Check with your instructor if you have any questions.

Upload Assignment = indicates that you must type your assignment in a document or other format, as specified and submit it or upload in the course.

Electronic Assignment = indicates that you can type your response directly into the space provided in the course.

Section	Type of Assignment	Assignment	Points Possible	Due Date
Course Introduction				
Intro	Multimedia Lesson	<i>Course Introduction</i>	n/a	
Intro	Multimedia Lesson	<i>Course Tasks</i>	n/a	
Intro	Discussion	Introduce Yourself	5	
Intro	Quiz	Course Policies Quiz	10	
Intro	Upload Assignment	Course Contract	10	
Unit 1 Safety & Injury Prevention				
Section 1.1 Personal Health				
1.1	Multimedia Lesson	<i>Case Study</i>	n/a	
1.1	Multimedia Lesson	<i>State of the Nation</i>	n/a	
1.1	Multimedia Lesson	<i>Risk Factors</i>	n/a	
1.1	Multimedia Lesson	<i>Hygiene & Prevention</i>	n/a	
1.1	Vocabulary Check	Vocabulary Review	n/a	
1.1	Fieldtrip/Online Links	View Additional Links	n/a	
1.1	Electronic Assignment	Reflection Questions	10	
1.1	Discussion	Personal Responsibility	5	
1.1	Upload Assignment	Personal Health Survey	25	
1.1	Quiz	Section 1.1 Quiz	20	
Section 1.2 Personal Safety				
1.2	Multimedia Lesson	<i>Case Study</i>	n/a	
1.2	Multimedia Lesson	<i>Personal Safety</i>	n/a	
1.2	Multimedia Lesson	<i>Outdoor Safety</i>	n/a	
1.2	Multimedia Lesson	<i>Household Safety</i>	n/a	
1.2	Vocabulary Check	Vocabulary Review	n/a	
1.2	Fieldtrip/Online Links	View Additional Links	n/a	
1.2	Electronic Assignment	Reflection Questions	10	
1.2	Discussion	Avoiding Danger	5	
1.2	Upload Assignment	Safety Scenarios	25	
1.2	Quiz	Section 1.2 Quiz	20	
Section 1.3 Preparedness				
1.3	Multimedia Lesson	<i>Case Study</i>	n/a	
1.3	Multimedia Lesson	<i>What is Emergency</i>	n/a	

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		<i>Preparedness?</i>		
1.3	Multimedia Lesson	<i>Types of Emergencies</i>	n/a	
1.3	Vocabulary Check	Vocabulary Review	n/a	
1.3	Fieldtrip/Online Links	View Additional Links	n/a	
1.3	Electronic Assignment	Reflection Questions	10	
1.3	Discussion	72 Hour Kit Storage	5	
1.3	Upload Assignment	Readiness Assessment	25	
1.3	Quiz	Section 1.3 Quiz	20	
Unit 1	Unit Exam	Unit 1 Exam	50	
Unit 2 Basic First Aid				
Section 2.1 Emergencies & Disasters				
2.1	Multimedia Lesson	<i>Case Study</i>	n/a	
2.1	Multimedia Lesson	<i>Natural Disasters: Earthquakes & Hurricanes</i>	n/a	
2.1	Multimedia Lesson	<i>Natural Disasters: Tornados & Floods</i>	n/a	
2.1	Multimedia Lesson	<i>Man-Made Emergencies</i>	n/a	
2.1	Vocabulary Check	Vocabulary Review	n/a	
2.1	Fieldtrip/Online Links	View Additional Links	n/a	
2.1	Electronic Assignment	Reflection Questions	10	
2.1	Discussion	Local Natural Disasters	5	
2.1	Upload Assignment	Disasters in History	25	
2.1	Quiz	Section 2.1 Quiz	20	
Section 2.2 Introduction to First Aid				
2.2	Multimedia Lesson	<i>Case Study</i>	n/a	
2.2	Multimedia Lesson	<i>What is First Aid?</i>	n/a	
2.2	Multimedia Lesson	<i>Illness & Injury</i>	n/a	
2.2	Vocabulary Check	Vocabulary Review	n/a	
2.2	Fieldtrip/Online Links	View Additional Links	n/a	
2.2	Electronic Assignment	Reflection Questions	10	
2.2	Discussion	Being Prepared	5	
2.2	Upload Assignment	Emergency Plan	25	
2.2	Quiz	Section 2.2 Quiz	20	
Section 2.3 Rules & Procedures				
2.3	Multimedia Lesson	<i>Case Study</i>	n/a	
2.3	Multimedia Lesson	<i>First Aid & the Law</i>	n/a	
2.3	Multimedia Lesson	<i>Protecting Yourself</i>	n/a	
2.3	Multimedia Lesson	<i>Decide to Help</i>	n/a	
2.3	Vocabulary Check	Vocabulary Review	n/a	
2.3	Fieldtrip/Online Links	View Additional Links	n/a	
2.3	Electronic Assignment	Reflection Questions	10	
2.3	Discussion	Volunteer Skills	5	
2.3	Upload Assignment	Volunteer Recruiting Poster	25	
2.3	Quiz	Section 2.3 Quiz	20	
Section 2.4 Assessing the Victim				
2.4	Multimedia Lesson	<i>Case Study</i>	n/a	

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2.4	Multimedia Lesson	<i>Check the Victim</i>	n/a	
2.4	Multimedia Lesson	<i>Shock</i>	n/a	
2.4	Multimedia Lesson	<i>Recovery Position</i>	n/a	
2.4	Multimedia Lesson	<i>Skill - Haines Recovery Position</i>	n/a	
2.4	Vocabulary Check	Vocabulary Review	n/a	
2.4	Fieldtrip/Online Links	View Additional Links	n/a	
2.4	Electronic Assignment	Reflection Questions	10	
2.4	Discussion	Asking Questions	5	
2.4	Upload Assignment	Skill Video: Check the Victim & Recovery Position	25	
2.4	Quiz	Section 2.4 Quiz	20	
Unit 2	Unit Exam	Unit 2 Exam	50	
Unit 3 Muscle & Skeletal Injuries				
Section 3.1 Muscle Injuries				
3.1	Multimedia Lesson	<i>Case Study</i>	n/a	
3.1	Multimedia Lesson	<i>Joint Injuries</i>	n/a	
3.1	Multimedia Lesson	<i>Muscle Injuries</i>	n/a	
3.1	Multimedia Lesson	<i>RICES</i>	n/a	
3.1	Multimedia Lesson	<i>Skill - Ankle Wrap</i>	n/a	
3.1	Vocabulary Check	Vocabulary Review	n/a	
3.1	Fieldtrip/Online Links	View Additional Links	n/a	
3.1	Electronic Assignment	Reflection Questions	10	
3.1	Discussion	Personal Injury	5	
3.1	Upload Assignment	Skill Video: Bandaging	25	
3.1	Quiz	Section 3.1 Quiz	20	
Section 3.2 Skeletal Injuries				
3.2	Multimedia Lesson	<i>Case Study</i>	n/a	
3.2	Multimedia Lesson	<i>Head Injuries</i>	n/a	
3.2	Multimedia Lesson	<i>Fractures</i>	n/a	
3.2	Multimedia Lesson	<i>Spinal Injuries</i>	n/a	
3.2	Multimedia Lesson	<i>Splinting & Immobilization</i>	n/a	
3.2	Multimedia Lesson	<i>Skill - Soft Splint, Sling, Sling Binder</i>	n/a	
3.2	Vocabulary Check	Vocabulary Review	n/a	
3.2	Fieldtrip/Online Links	View Additional Links	n/a	
3.2	Electronic Assignment	Reflection Questions	10	
3.2	Discussion	Competitive Athletics	5	
3.2	Upload Assignment	Skill Video: Splinting	25	
3.2	Quiz	Section 3.2 Quiz	20	
Unit 3	Unit Exam	Unit 3 Exam	50	
Unit 4 Soft Tissue Injuries				
Section 4.1 Cuts & Contusions				
4.1	Multimedia Lesson	<i>Case Study</i>	n/a	
4.1	Multimedia Lesson	<i>Open Wounds</i>	n/a	
4.1	Multimedia Lesson	<i>Closed Wounds</i>	n/a	
4.1	Multimedia Lesson	<i>Amputation & Punctures</i>	n/a	

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4.1	Multimedia Lesson	<i>Eyes, Nose, & Tooth Injuries</i>	n/a	
4.1	Multimedia Lesson	<i>Skill - Bandaging a Cut</i>	n/a	
4.1	Vocabulary Check	Vocabulary Review	n/a	
4.1	Fieldtrip/Online Links	View Additional Links	n/a	
4.1	Electronic Assignment	Reflection Questions	10	
4.1	Discussion	CPR/First Aid Certification	5	
4.1	Upload Assignment	Create a Brochure	25	
4.1	Quiz	Section 4.1 Quiz	20	
Section 4.2 Hot & Cold Emergencies				
4.2	Multimedia Lesson	<i>Case Study</i>	n/a	
4.2	Multimedia Lesson	<i>Burn Types</i>	n/a	
4.2	Multimedia Lesson	<i>Burn Degrees</i>	n/a	
4.2	Multimedia Lesson	<i>Heat Related Illnesses</i>	n/a	
4.2	Multimedia Lesson	<i>Cold Emergencies</i>	n/a	
4.2	Vocabulary Check	Vocabulary Review	n/a	
4.2	Fieldtrip/Online Links	View Additional Links	n/a	
4.2	Electronic Assignment	Reflection Questions	10	
4.2	Discussion	Personal Burns	5	
4.2	Upload Assignment	Avoiding Burns	25	
4.2	Quiz	Section 4.2 Quiz	20	
Section 4.3 Bites, Stings, & Allergic Reactions				
4.3	Multimedia Lesson	<i>Case Study</i>	n/a	
4.3	Multimedia Lesson	<i>Insect Bites, Spider Bites, & Stings</i>	n/a	
4.3	Multimedia Lesson	<i>Snake & Animal Bites</i>	n/a	
4.3	Multimedia Lesson	<i>Allergic Reactions</i>	n/a	
4.3	Multimedia Lesson	<i>Breathing Emergencies</i>	n/a	
4.3	Vocabulary Check	Vocabulary Review	n/a	
4.3	Fieldtrip/Online Links	View Additional Links	n/a	
4.3	Electronic Assignment	Reflection Questions	10	
4.3	Discussion	Avoiding Allergic Reactions	5	
4.3	Upload Assignment	Bites and Stings Warning	25	
4.3	Quiz	Section 4.3 Quiz	20	
Unit 4	Unit Exam	Unit 4 Exam	50	
Unit 5 Life Threatening Emergencies				
Section 5.1 CPR, AED, & Choking				
5.1	Multimedia Lesson	<i>Case Study</i>	n/a	
5.1	Multimedia Lesson	<i>CPR</i>	n/a	
5.1	Multimedia Lesson	<i>Choking</i>	n/a	
5.1	Multimedia Lesson	<i>Skill - Adult CPR</i>	n/a	
5.1	Multimedia Lesson	Skill – Heimlich Maneuver	n/a	
5.1	Multimedia Lesson	Skill – Conscious Baby Choking	n/a	
5.1	Multimedia Lesson	Skill – Unconscious Baby Choking/CPR	n/a	
5.1	Vocabulary Check	Vocabulary Review	n/a	

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5.1	Fieldtrip/Online Links	View Additional Links	n/a	
5.1	Electronic Assignment	Reflection Questions	10	
5.1	Discussion	Administering CPR	5	
5.1	Upload Assignment	Skill Video: CPR/Choking	25	
5.1	Quiz	Section 5.1 Quiz	20	
Section 5.2 Stroke & Heart Attack				
5.2	Multimedia Lesson	<i>Case Study</i>	n/a	
5.2	Multimedia Lesson	<i>Stroke</i>	n/a	
5.2	Multimedia Lesson	<i>Heart Attack</i>	n/a	
5.2	Vocabulary Check	Vocabulary Review	n/a	
5.2	Fieldtrip/Online Links	View Additional Links	n/a	
5.2	Electronic Assignment	Reflection Questions	10	
5.2	Discussion	Heart Attack Care	5	
5.2	Upload Assignment	Clinic Advertisement	25	
5.2	Quiz	Section 5.2 Quiz	20	
Section 5.3 Other Emergencies				
5.3	Multimedia Lesson	<i>Case Study</i>	n/a	
5.3	Multimedia Lesson	<i>Seizure</i>	n/a	
5.3	Multimedia Lesson	<i>Fainting</i>	n/a	
5.3	Multimedia Lesson	<i>Diabetic Emergency</i>	n/a	
5.3	Vocabulary Check	Vocabulary Review	n/a	
5.3	Fieldtrip/Online Links	View Additional Links	n/a	
5.3	Electronic Assignment	Reflection Questions	10	
5.3	Discussion	Staying Calm	5	
5.3	Upload Assignment	Research a Career	25	
5.3	Quiz	Section 5.3 Quiz	20	
Unit 5	Unit Exam	Unit 5 Exam	50	
ALL	FINAL Exam	Comprehensive Exam	100	