

MODULE CMH2130: SPORTS FIRST AID 1

Level:	Intermediate
Theme:	Injury Prevention
Prerequisite:	None
Module Description:	Students learn different aspects of sports injuries, first-aid care and prevention of athletic injuries.

Module Parameters: Access to instruction from an individual with formal, specialized training in athletic first aid.

Note: Upon successful completion of this module, the student is eligible to receive an **Athletic First Aid Certificate** from the Sports Medicine Council of Alberta.

Supporting Module: CMH2120 First Aid/CPR
A project module from Career Transitions will enhance student learning in this area.

Curriculum and Assessment Standards

Module Learner Expectations	Assessment Criteria and Conditions	Suggested Emphasis
<p><i>The student will:</i></p> <ul style="list-style-type: none">describe how the roles and responsibilities of an athletic first-aider help promote and maintain healthy athletes and reduce sports injuries	<p><i>Assessment of student achievement should be based on:</i></p> <ul style="list-style-type: none">a presentation in which the student:<ul style="list-style-type: none">describes three roles and responsibilities of an Athletic First Aideridentifies structures most susceptible to athletic injuries and describe the injuries most likely to occuridentifies and describes a minimum of eight activities that promote and maintain healthy athletes and help reduce sports injuries. <p><i>Assessment Tool</i> <i>CMH2130–1: Presentations/Reports: Sports First Aid</i></p> <p><i>Standard</i> <i>Performance rating of 2 on the rating scale</i></p>	20

MODULE CMH2130: SPORTS FIRST AID 1 (continued)

Module Learner Expectations	Assessment Criteria and Conditions	Suggested Emphasis
<p><i>The student will:</i></p> <ul style="list-style-type: none"> identify situations and recommend solutions for common athletic injuries 	<p><i>Assessment of student achievement should be based on:</i></p> <ul style="list-style-type: none"> practical activities in which the student: <ul style="list-style-type: none"> describes how to treat: <ul style="list-style-type: none"> infections and wounds pelvic, abdominal and thoracic conditions facial injuries thermal injuries demonstrates basic treatment – R.I.C.E. demonstrates the following taping techniques: <ul style="list-style-type: none"> cloth wrap closed ankle alternate heel lock thumb hyperextension triangular bandage. 	30
	<p><i>Assessment Tool</i> <i>CMHSFASA: Sports First Aid Skills Assessment: Sports First Aid 1</i></p> <p><i>Standard</i> <i>Performance rating of 3 on each skill</i></p> <ul style="list-style-type: none"> problem-solving activities in which the student, using a minimum of three scenarios, recognizes common athletic injuries and outlines treatment. 	20
	<p><i>Assessment Tool</i> <i>CMHSCN: Scenarios</i> <i>CMH2130–2: Sports First Aid: Sample Scenarios</i></p> <p><i>Standard</i> <i>Performance rating of 2 on the rating scale for each scenario</i></p> <ul style="list-style-type: none"> a concept test consisting of a minimum of 30 questions on all aspects of Sports First Aid. 	15

MODULE CMH2130: SPORTS FIRST AID 1 (continued)

Module Learner Expectations	Assessment Criteria and Conditions	Suggested Emphasis
<p><i>The student will:</i></p> <ul style="list-style-type: none"> develop a game plan and emergency action plan as an athletic first-aider demonstrate basic competencies. 	<p><i>Assessment of student achievement should be based on:</i></p> <ul style="list-style-type: none"> presenting game plan preparations and emergency action plans necessary for an effective Athletic First Aider. <p><i>Assessment Tool</i> <i>CMH2130-4: Presentations/Reports: Game Plan Preparations</i></p> <p><i>Standard</i> <i>Performance rating of 2 on the rating scale</i></p> <ul style="list-style-type: none"> observations of individual effort and interpersonal interactions during the learning process. <p><i>Assessment Tool</i> <i>Basic Competencies Reference Guide and any assessment tools noted above</i></p>	<p>15</p> <p>Integrated throughout</p>

Concept	Specific Learner Expectations	Notes
Professionalism	<p><i>The student should:</i></p> <ul style="list-style-type: none"> describe the roles and responsibilities of the Athletic First Aider. 	<p>Prevent injuries. Never let minor injuries become major ones. Medical referral.</p>
Health Promotion	<ul style="list-style-type: none"> identify activities that can prevent sports injuries: <ul style="list-style-type: none"> medical examinations lifestyle protective equipment (i.e., awareness of use, importance of, maintenance and repair) safe environment fitness, conditioning testing proper warm-up/cool-down proper stretch techniques hygiene balanced competition officiating, rules proper rehabilitation. 	<p>Injury prevention lab. Movement analysis lab. Methods of conditioning. Strength training lab. Basic fitness and stress testing (field trip).</p>

MODULE CMH2130: SPORTS FIRST AID 1 (continued)

Concept	Specific Learner Expectations	Notes
The Human Body	<p><i>The student should:</i></p> <ul style="list-style-type: none"> • identify the structures most susceptible to athletic injuries and describe the injuries that are most likely to occur • categorize injuries as acute, chronic or recurrent • describe the inflammation and repair processes that accompany trauma. 	<p>On-scene Lab. Case study presentations:</p> <ul style="list-style-type: none"> • bones • muscles • ligaments • tendons • cartilage • bursae • nervous tissue.
Observation, Assessment and Application	<ul style="list-style-type: none"> • analyze the injured athlete: <ul style="list-style-type: none"> – primary scan – secondary scan • demonstrate how to respond to major injuries involving airway, breathing, circulation, central nervous system • describe how to treat the following athletic injuries: <ul style="list-style-type: none"> – infections and wounds – pelvic, abdominal and thoracic conditions – facial injuries – thermal injuries • demonstrate basic treatment: <ul style="list-style-type: none"> – R.I.C.E. (R = rest, I = ice, C = compression, E = Elevation) • explain the theory of taping: <ul style="list-style-type: none"> – purpose of taping – material selection – application theory • demonstrate basic taping skills: <ul style="list-style-type: none"> – basic principles – cloth wrap technique – closed ankle technique – alternate heel lock technique – thumb hyperextension – triangular bandage. 	<p>Demonstrations and practical skills lab. Injury simulation lab. Case studies.</p>

MODULE CMH2130: SPORTS FIRST AID 1 (continued)

Concept	Specific Learner Expectations	Notes
Career Exploration	<p><i>The student should:</i></p> <ul style="list-style-type: none">• develop game plan guidelines that prepare the Athletic First Aider for sporting injuries or emergencies:<ul style="list-style-type: none">– emergency procedures plan– side line activities– first-aid supplies– assessing the injured athlete– indicating how to determine when the athlete may return to complete the activity.	

