

# COURSE OF STUDY GUIDE

## LOWER CAPE MAY REGIONAL SCHOOL DISTRICT

TITLE OF COURSE: 12<sup>th</sup> grade Health, CPR and First Aid

DEPARTMENT: Physical Education and Health

DATE REVISED: 6/27/13

GRADE: 12th

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### I. COURSE ORGANIZATION

Length: 1 Quarter, 10 weeks

Credits: \_\_\_\_\_

Periods Per Week: 3(42 minutes) 1(80 minutes)

Weighted: 25%

Prerequisite: Complete 9<sup>th</sup>, 10<sup>th</sup> and 11<sup>th</sup> Grade Health

II. COURSE DESCRIPTION: The 12<sup>th</sup> grade health curriculum involves the overall knowledge of Health and Wellness. It also involves Adult CPR, Child CPR, and Infant CPR. Finally the Course concludes with the teaching of Safety and First Aid.

III. COURSE MISSION: Our course mission for 12<sup>th</sup> grade health is that students will learn Adult, Child, and infant CPR and Safety skills and would be able to implement these skills if need be. Our mission will also be that our students will become CPR certified through The American Red Cross.

IV. DEPARTMENT MISSION: Our department mission is to teach students four years of health education that will keep them healthy and safe in their future

### VI. COURSE LEVEL ASSESSMENTS & BENCHmarks

-Adult, Child and Infant Safety skills assessments (13) (Visual, Oral)

-Written Exams(5)( Written)

1

### VII. POSSIBLE ASSESSMENT TASKS

Written-Yes

Oral-Yes

Visual-Yes

**VIII. CONTENT/SUGGESTED INSTRUCTIONAL TIME**

**Content Pacing Guide & Standards**

<b>Unit Title: Overall Health and Wellness</b>		
Content: Course Overview, Wellness Assessment	Standards 2.1.12.b.1, b.2,b.3	Time Frame 1 weeks
<b>Unit Title: Adult Safety Skills</b>		
Content: Adult conscious choking, Adult CPR , Adult Unconscious Choking	Standards 2.1.12.d.1, 2.1.12, d.6	Time Frame 2 weeks
<b>Unit Title: Child Safety Skills</b>		
Content: Child conscious choking, Child Rescue breathing, Child CPR, Child unconscious Choking	Standards 2.1.12.d.1, 2.1.12, d.6	Time Frame 2 weeks
<b>Unit Title: Infant Safety Skills</b>		
Content: Infant conscious choking, Infant Rescue breathing, Infant CPR, Infant unconscious choking	Standards 2.1.12.d.1, 2.1.12, d.6	Time Frame 2 weeks
<b>Unit Title: Basic First Aid</b>		
Content: Burns, Breaks, Wounds, Poisons, Heat and Cold Emergencies, Controlling bleeding, Sudden Illness	Standards 2.1.12.d.1, 2.1.12, d.6	Time Frame 3 weeks

**IX. MODIFICATIONS: INCLUSION TECHNIQUES/ENRICHMENTS**

Possible instructional techniques may include but may not be limited to the following:

If a student feels uncomfortable performing CPR and First Aid checkouts in front of the class we allow them to stay after to perform the checkout. If a student is physically unable to perform a checkout we allow them to verbally explain the checkout procedure.

**X. INTERDISCIPLINARY CONNECTIONS/MULTICULTURAL MATERIALS**

*Public Speaking(13 Checkout assessment)*

**XI. MATERIALS/TECHNOLOGY**

CPR Mannequins, Protective face shields, American Redcross workbooks and Trainer Videos, Discovery Health Videos.