

# Student Learning Plan

## Unit 4: Wellness, Fitness, and First Aid

### The First Life-Saving Steps [U4C2L2]



#### What you will accomplish in this lesson:

Demonstrate life-saving skills



#### Why this lesson is important:

In emergency situations, the people involved may find it difficult to remain calm and think clearly. In the midst of this confusion, one simple trick you can use to remind yourself of the first and most important problems to check for and steps to take are the letters A-B-C.

A stands for airway. Is the victim's airway blocked? If so, clear the airway.

B stands for breathing. Is the victim breathing? If not, restore breathing.

C stands for circulation. Is the victim's heart beating? If not, restore the heartbeat.

In this learning plan, you will learn procedures for addressing these three situations including CPR, abdominal thrusts, and rescue breathing.



#### What you will learn in this lesson:

- Describe how to perform rescue breathing
- Identify the steps for performing CPR
- Explain how CPR can keep a victim's heart and brain alive
- Describe the steps for performing abdominal thrusts
- Define key words: abdominal thrusts, automatic external defibrillators (AED), cardiac arrest, rescue breathing, stroke



#### You will have successfully met this lesson's purpose:

- by summarizing life-saving steps in a written format
- by performing life-saving steps on a mannequin
- when you create accurate and complete How-To cards for performing abdominal thrusts, rescue breathing, and CPR
- when you correctly perform abdominal thrusts
- when you correctly perform rescue breathing
- when you correctly perform CPR



#### Learning Activities:

These learning activities are designed to help you learn the target skills and knowledge for this lesson. Your instructor may assign additional or alternative learning activities.

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#### INQUIRE PHASE: What do you already know?



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1. THINK ABOUT what you know about heart attack, stroke, and choking. PREPARE for this lesson by discussing *What you will accomplish in this lesson; What you will learn in this lesson; Why this lesson is important*, and *When you will have successfully met this lesson's purpose*.
  2. COMPLETE Exercise #1: Stroke vs. Heart Attack vs. Choking. REVIEW the correct answers with your class.

- \_\_\_\_\_3. REFLECT on the different types of emergency situations you might encounter. ANSWER the reflection questions presented by your instructor.

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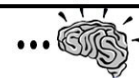
### GATHER PHASE: So, what else do you need to know or learn?



- Part 1**
- \_\_\_\_\_1. REVIEW the emergency First Aid ABC steps. LISTEN to a briefing on heart attack, stroke, and choking.
  - \_\_\_\_\_2. VIEW a demonstration of the Heimlich maneuver (abdominal thrusts). VIEW a demonstration of rescue breathing. CREATE How-To cards for the abdominal thrusts and Rescue Breathing.
  - \_\_\_\_\_3. REFLECT on the life-saving techniques you learned. ANSWER the reflection questions presented by your instructor.
- Part 2**
- \_\_\_\_\_4. LISTEN to a briefing on CPR and AEDs. VIEW the video demonstration on the 2010 CPR Guidelines.
  - \_\_\_\_\_5. LISTEN to a briefing on Hands-Only CPR. VIEW a video demonstration of Hands-Only CPR. CREATE How-To cards for CPR. REVIEW Exercise #2: Useful Websites as needed.
  - \_\_\_\_\_6. REFLECT on what you learned about CPR. ANSWER the reflection questions presented by your instructor.

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### PROCESS PHASE: Now what can you do with this new information you've learned?



- Part 1**
- \_\_\_\_\_1. **Option 1:** PLAY the CERT-Alert CPR-Choking Basic game using your clickers, or **Option 2:** PRACTICE the Heimlich maneuver (abdominal thrusts) and rescue breathing on the CPR mannequin.
  - \_\_\_\_\_2. REFLECT on how well you were able to perform the life-saving steps. ANSWER the reflection questions presented by your instructor.
- Part 2**
- \_\_\_\_\_3. PRACTICE CPR on the CPR mannequin.
  - \_\_\_\_\_4. REFLECT on how well you were able to perform CPR. ANSWER the reflection questions presented by your instructor.



### Assessment Activities:

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### APPLY PHASE: What else can you do with what you've learned today?



- \_\_\_\_\_1. COMPLETE the First Life-Saving Steps Performance Assessment Task. SUBMIT your completed performance assessment task to your instructor for feedback and a grade.
- \_\_\_\_\_2. REVIEW the key words of this lesson.
- \_\_\_\_\_3. REFLECT on what you have learned in this lesson and how you might use it in the future.



### Self-Paced Learning and Assessment Activities:

Independently complete the activities outlined below:

1. **Inquire Phase:** Complete the Learning Activities 1 – 3 or as modified by your instructor.
2. **Gather Phase:** Complete the Learning Activities 1 – 6 or as modified by your instructor.
3. **Process Phase:** Complete the Learning Activities 1 – 4 or as modified by your instructor.
4. **Apply Phase:** Complete the Learning Activities 1 – 3 or as modified by your instructor.