

Performance Assessment Task

Unit 4: Wellness, Fitness, and First Aid

The First Life-Saving Steps [U4C2L2]

This performance assessment task gives you an opportunity to document your achievement of the lesson's competency:

Demonstrate life-saving skills



Directions

For this performance assessment task, you will summarize and demonstrate life-saving steps. For this assessment you will:

1. Use your student text to create or complete How-To cards on life-saving steps.
2. Demonstrate the Heimlich maneuver (abdominal thrusts), rescue breathing, and CPR.
3. Use the attached scoring guide criteria for what you need to do to complete this task.
4. Submit your completed performance assessment task and scoring guide to your instructor for evaluation and a grade.

RECOMMENDATION: It is recommended that you add this performance assessment task to your Cadet Portfolio.

The First Life-Saving Steps Performance Assessment Task Scoring Guide

<i>Criteria</i>	<i>Ratings</i>
1. Your How-To card for the Heimlich maneuver includes the steps to perform the procedure as described in the student text or other reference material	met not met
2. Your How-To card for the Heimlich maneuver includes the steps to perform the procedure on unconscious victims and obese/pregnant victims	met not met
3. Your How-To card for the rescue breathing includes the steps to perform the procedure as described in the student text or other reference material	met not met
4. Your How-To card for CPR includes the steps to perform the procedure on an adult, an infant, and a child as described in the student text or other reference material	met not met
5. You perform the Heimlich maneuver correctly	met not met
6. You perform rescue breathing correctly	met not met
7. You perform CPR correctly	met not met

Comments:

Name:_____ ***Date:***_____

Evaluator's Signature:_____ ***Date:***_____