

Colorado Outdoor Recreational Leadership Course Scope and Sequence

Course Name	Wilderness First Aid		Course Details	This is a level 1 course for the Outdoor Recreational Leadership Pathway	
			Course = 0.50 Carnegie Unit Credit		
Course Description	This course prepares students for certification in CPR and Basic First Aid. Skills will include basic life support, airway obstruction, control of bleeding, shock, and patient care for the unconscious.				
Note:	This is a suggested scope and sequence for the course content. The content will work with any textbook or instructional resource. If locally adapted, make sure all essential knowledge and skills are covered.				
SCED Identification #		Schedule calculation based on 60% of a semester instructional time. Scope and sequence allows for additional time for guest speakers, student presentations, field trips, remediation, or other content topics.			
All courses taught in an approved CTE program must include Essential Skills embedded into the course content. The Essential Skills Framework for this course can be found at https://www.cde.state.co.us/standardsandinstruction/essentialskills					
Unit Number, Title and Brief Description	CTE or Academic Standard Alignment	Competency / Performance Indicator	Outcome / Measurement	CTSO Integration	
Unit 1: Introduction	.	Basic Understanding of the EMS system			
Unit 2: Universal Precautions		Able to recognize common medical emergencies and stabilize until medical help arrives.			
Unit 3: Breathing emergencies		Identify and care for choking and other breathing emergencies.			
Unit 4: Rescue Breathing					
Unit 5: Cardiopulmonary Resuscitation		Identify the major risk factors for cardiovascular disease, and injury, and describe how to correct them. Recognize the signs of a possible heart attack, and describe how to care for someone who is experiencing persistent chest pain. Identify the signals of cardiac arrest, and demonstrate how to provide cardiopulmonary resuscitation (CPR) until advanced emergency medical care arrives.			

[illegible]