

## Colorado Outdoor Recreational Leadership Course Scope and Sequence

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| 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 <a href="https://www.cde.state.co.us/standardsandinstruction/essentialskills">https://www.cde.state.co.us/standardsandinstruction/essentialskills</a> |                                                                                                                                                                                                                 |                                                                                                                                                                                                                                                                                                                                                                                                                   |                                    |                                                                          |  |
| 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.<br><br>Recognize the signs of a possible heart attack, and describe how to care for someone who is experiencing persistent chest pain.<br><br>Identify the signals of cardiac arrest, and demonstrate how to provide cardiopulmonary resuscitation (CPR) until advanced emergency medical care arrives. |                                    |                                                                          |  |

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| <b>Unit 6: Shock</b>    |  | <p>Recognize the signs and symptoms of shock and identify possible underlying causes.</p> <p>Prioritize interventions to stabilize patients experiencing shock.</p> <p>Monitor patient condition and document changes over time.</p> <p>Develop evacuation and ongoing care plans for patients with suspected shock.</p>                                                                             |  |  |
| <b>Unit 7: Bleeding</b> |  | <p>Assess the severity and type of bleeding injury.</p> <p>Demonstrate techniques for controlling external bleeding using direct pressure, pressure dressings, and other appropriate interventions.</p> <p>Manage wound care using both standard and improvised wilderness resources.</p> <p>Evaluate the need for evacuation based on blood loss, mechanism of injury, and patient status.</p>      |  |  |
| <b>Unit 8: Burns</b>    |  | <p>Classify burns according to depth, extent, and mechanism of injury.</p> <p>Provide appropriate immediate and ongoing care for thermal, chemical, electrical, and environmental burns.</p> <p>Examine steps to prevent complications associated with burn injuries, including infection and shock.</p> <p>Determine appropriate evacuation priorities and long-term management considerations.</p> |  |  |

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| <b>Unit 9: Heat &amp; Cold Emergencies</b> |  | <p>Recognize the signs, symptoms, and stages of heat-related and cold-related illnesses.</p> <p>Implement treatment protocols for heat exhaustion, heat stroke, hypothermia, and frostbite.</p> <p>Assess environmental and patient risk factors contributing to thermal emergencies.</p> <p>Develop prevention, monitoring, and evacuation strategies for environmental exposure incidents.</p>                                                                                                        |  |  |
| <b>Unit 10: Sudden Illnesses</b>           |  | <p>Conduct a focused assessment of patients experiencing sudden illness or medical emergencies.</p> <p>Recognize common wilderness medical emergencies, including allergic reactions, diabetic emergencies, neurological conditions, and cardiovascular events.</p> <p>Provide appropriate first aid interventions using available resources.</p> <p>Evaluate patient status, determine evacuation urgency, and communicate findings effectively to advanced medical providers or rescue personnel.</p> |  |  |
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## Academic Standards Alignment

Colorado CTE courses are required to integrate academic and essential skills into course content. The following academic standards have been identified as aligned to this course and should be integrated throughout instruction.

[CO CTE Academic Standards Resources](#) (Rubrics, integration strategies, etc)  
[CDE Colorado Academic Standards Online](#) (Online standards lookup tool)

## Reading, Writing, & Communicating

### Standard 1: Oral Expression and Listening

- Prepared Graduate 1: Collaborate effectively as group members or leaders who listen actively and respectfully; pose thoughtful questions, acknowledge the ideas of others; and contribute ideas to further the group's attainment of an objective.
  - Students collaborate during first aid scenarios, patient assessments, CPR practice, and emergency response simulations, requiring effective communication, active listening, and teamwork to provide appropriate care.

### Standard 2: Reading for All Purposes

- Prepared Graduate 4: Read a wide range of informational texts to build knowledge and to better understand the human experience.
  - Students interpret first aid protocols, emergency medical procedures, CPR guidelines, patient care information, and risk factor data to recognize and respond to medical emergencies.
- Prepared Graduate 5: Understand how language functions in different contexts, command a variety of word-learning strategies to assist comprehension, and make effective choices for meaning or style when writing and speaking.
  - Students develop and apply specialized medical and emergency response vocabulary related to patient assessment, airway management, cardiovascular emergencies, trauma care, and environmental illnesses.

### Standard 3: Writing and Composition

- Prepared Graduate 7: Craft informational/explanatory texts using techniques specific to the genre.
  - Students document patient conditions, emergency procedures, and treatment protocols using accurate and concise medical and emergency response terminology.

### Standard 4: Research Inquiry and Design

- Prepared Graduate 10: Gather information from a variety of sources; analyze and evaluate its quality and relevance; and use it ethically to answer complex questions.
  - Students analyze patient symptoms, identify risk factors for disease and injury, evaluate emergency situations, and apply evidence-based first aid and CPR procedures to provide appropriate care until advanced medical assistance arrives.

**Note:** *Mathematics and Science standards will be added in the future. Visit the [Colorado Academic Standards](#) page for the most current version.*