



Bow High School - Course Map

Course Title: BEST 9

Department: BEST

Unit Name: Intro to First Aid

Topics:

- Overview of guidelines
- Check, Call, Care

School Competencies:

- Integrity (Awareness - Foundational)
- Readiness (Awareness - Foundational)
- Critical Thinking (Problem Solving and Analysis - Foundational)
- Executive Functioning (Wellness - Foundational)

Course Competencies:

- Apply concepts of life-saving techniques to life threatening and non- life threatening situations (e.g. first aid, Adult, child and infant CPR, and the use of an AED).

Formative Assessments:

- Intro to First Aid Quiz

Summative Assessments:

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Bow High School - Course Map

Unit Name: Soft Tissue Injuries
Topics: <ul style="list-style-type: none">• Types of Soft Tissue Wounds, Caring for Wounds, Concussions
School Competencies: <ul style="list-style-type: none">• Integrity (Awareness - Foundational)• Readiness (Awareness - Foundational)• Critical Thinking (Problem Solving and Analysis - Foundational)• Executive Functioning (Wellness - Foundational)
Course Competencies: <ul style="list-style-type: none">• Apply concepts of life-saving techniques to life threatening and non- life threatening situations (e.g. first aid, Adult, child and infant CPR, and the use of an AED).
Formative Assessments: <ul style="list-style-type: none">• Quiz
Summative Assessments: <ul style="list-style-type: none">•



Bow High School - Course Map

Unit Name: Open and Closed Wounds Bandaging and Wraps
Topics: <ul style="list-style-type: none">• Proper materials and techniques used for wrapping injuries
School Competencies: <ul style="list-style-type: none">• Integrity (Awareness - Foundational)• Readiness (Awareness - Foundational)• Critical Thinking (Problem Solving and Analysis - Foundational)• Executive Functioning (Wellness - Foundational)
Course Competencies: <ul style="list-style-type: none">• Apply concepts of life-saving techniques to life threatening and non- life threatening situations (e.g. first aid, Adult, child and infant CPR, and the use of an AED).
Formative Assessments: <ul style="list-style-type: none">• Practical assessment of wrapping techniques
Summative Assessments: <ul style="list-style-type: none">•



Bow High School - Course Map

Unit Name: Burns
Topics: <ul style="list-style-type: none">• Thermal, Chemical, and Radiation burns
School Competencies: <ul style="list-style-type: none">• Integrity (Awareness - Foundational)• Readiness (Awareness - Foundational)• Critical Thinking (Problem Solving and Analysis - Foundational)• Executive Functioning (Wellness - Foundational)
Course Competencies: <ul style="list-style-type: none">• Apply concepts of life-saving techniques to life threatening and non- life threatening situations (e.g. first aid, Adult, child and infant CPR, and the use of an AED).
Formative Assessments: <ul style="list-style-type: none">• Quiz
Summative Assessments: <ul style="list-style-type: none">•



Bow High School - Course Map

Unit Name: Muscle, Bone, and Joint Injuries
Topics: <ul style="list-style-type: none">• Identification and care of Sprain, Strain, Dislocation, and Fractures
School Competencies: <ul style="list-style-type: none">• Integrity (Awareness - Foundational)• Readiness (Awareness - Foundational)• Critical Thinking (Problem Solving and Analysis - Foundational)• Executive Functioning (Wellness - Foundational)
Course Competencies: <ul style="list-style-type: none">• Apply concepts of life-saving techniques to life threatening and non- life threatening situations (e.g. first aid, Adult, child and infant CPR, and the use of an AED).
Formative Assessments: <ul style="list-style-type: none">• Quiz
Summative Assessments: <ul style="list-style-type: none">•



Bow High School - Course Map

Unit Name: Sudden Illnesses
Topics: <ul style="list-style-type: none">• Diabetic Emergencies• Stroke/Heart Attack• Seizures, Anaphylaxis• Heat Related Illnesses• Cold Related Illnesses• Bites• Poisonous Plants• Drug Emergencies• Asthma
School Competencies: <ul style="list-style-type: none">• Integrity (Awareness - Foundational)• Readiness (Awareness - Foundational)• Critical Thinking (Problem Solving and Analysis - Foundational)• Executive Functioning (Wellness - Foundational)
Course Competencies: <ul style="list-style-type: none">• Apply concepts of life-saving techniques to life threatening and non- life threatening situations (e.g. first aid, Adult, child and infant CPR, and the use of an AED).
Formative Assessments: <ul style="list-style-type: none">• Group or Individual project (research, slideshow creation, presentation)
Summative Assessments: <ul style="list-style-type: none">•



Bow High School - Course Map

Unit Name: First Aid
Topics: <ul style="list-style-type: none">• The entire course curriculum
School Competencies: <ul style="list-style-type: none">• Integrity (Awareness - Foundational)• Readiness (Awareness - Foundational)• Critical Thinking (Problem Solving and Analysis - Foundational)• Executive Functioning (Wellness - Foundational)
Course Competencies: <ul style="list-style-type: none">• Apply concepts of life-saving techniques to life threatening and non- life threatening situations (e.g. first aid, Adult, child and infant CPR, and the use of an AED).
Formative Assessments: <ul style="list-style-type: none">• Practice Written Exam on Quizziz
Summative Assessments: <ul style="list-style-type: none">• Written Exam



Bow High School - Course Map

Unit Name: Muscles and Bones
Topics: <ul style="list-style-type: none">• Muscles and Bones identification and functionality
School Competencies: <ul style="list-style-type: none">• Integrity (Awareness - Foundational)• Readiness (Awareness - Foundational)• Critical Thinking (Problem Solving and Analysis - Foundational)• Executive Functioning (Wellness - Foundational)
Course Competencies: <ul style="list-style-type: none">• Apply concepts of life-saving techniques to life threatening and non- life threatening situations (e.g. first aid, Adult, child and infant CPR, and the use of an AED).
Formative Assessments: <ul style="list-style-type: none">• Group project (research, slideshow creation, creative presentation)
Summative Assessments: <ul style="list-style-type: none">• Written Exam



Bow High School - Course Map

Unit Name: Cardiopulmonary Resuscitation (CPR) and Choking
Topics: <ul style="list-style-type: none">• Adult and Child CPR and Choking
School Competencies: <ul style="list-style-type: none">• Integrity (Awareness - Foundational)• Readiness (Awareness - Foundational)• Critical Thinking (Problem Solving and Analysis - Foundational)• Executive Functioning (Wellness - Foundational)
Course Competencies: <ul style="list-style-type: none">• Apply concepts of life-saving techniques to life threatening and non- life threatening situations (e.g. first aid, Adult, child and infant CPR, and the use of an AED).
Formative Assessments: <ul style="list-style-type: none">•
Summative Assessments: <ul style="list-style-type: none">• Summative Written Test• Summative Practical Test



Bow High School - Course Map

Unit Name: Cardiopulmonary Resuscitation (CPR) and Choking
Topics: <ul style="list-style-type: none">• Infant CPR and Choking• AED
School Competencies: <ul style="list-style-type: none">• Integrity (Awareness - Foundational)• Readiness (Awareness - Foundational)• Critical Thinking (Problem Solving and Analysis - Foundational)• Executive Functioning (Wellness - Foundational)
Course Competencies: <ul style="list-style-type: none">• Apply concepts of life-saving techniques to life threatening and non- life threatening situations (e.g. first aid, Adult, child and infant CPR, and the use of an AED).
Formative Assessments: <ul style="list-style-type: none">•
Summative Assessments: <ul style="list-style-type: none">• Summative Written Test

Unit Name: Nutrition
Topics: Micronutrients, Macronutrients, Healthy Eating Choices
School Competencies: <ul style="list-style-type: none">• Integrity (Awareness - Foundational)• Readiness (Awareness - Foundational)• Critical Thinking (Problem Solving and Analysis - Foundational)• Executive Functioning (Wellness - Foundational)
Course Competencies:
Formative Assessments: Written Quiz