



**UNIVERSITI TEKNOLOGI MARA**

**SED452: FIRST AID**

<b>Course Name (English)</b>	FIRST AID <b>APPROVED</b>
<b>Course Code</b>	SED452
<b>MQF Credit</b>	3
<b>Course Description</b>	The purpose of this course is to prepare students with knowledge, skills and plan of action to respond appropriately to any emergency situation. This course also prepares the students to qualify for Red Cross Certification.
<b>Transferable Skills</b>	Knowing the procedures of helping injury people
<b>Teaching Methodologies</b>	Lectures, Demonstrations, Case Study, Practical Classes, Clinic, Presentation
<b>CLO</b>	<p>CLO1 • describe the basic concepts of First Aid. (C2)</p> <p>CLO2 • apply alternative treatment used in sport injuries. (C3)</p> <p>CLO3 • attain and demonstrate a working knowledge and understanding of rehabilitation principles and methods. (C3)</p> <p>CLO4 • display safety consideration and exercise arrangement for purpose of injury prevention. (A5)</p>
<b>Pre-Requisite Courses</b>	No course recommendations
<b>Topics</b>	
<b>1. Essentials of Injury Management</b> 1.1) Organizing and Administering an Athlete Health Care Program	
<b>2. Preventing Injuries through Fitness Training.</b> 2.1) Legal Liability and Insurance.	
<b>3. Sports Nutrition and Supplements</b> 3.1) Enhancing performance	
<b>4. Selecting and Using Protective Sports Equipment</b> 4.1) Prevention of injuries	
<b>5. Handling Emergency Situations and Injury Assessment</b> 5.1) SOP's	
<b>6. Bloodborne Pathogens, Universal Precautions and Wound Care</b> 6.1) Prevention of injuries	
<b>7. Understanding the Potential Dangers of Adverse Environmental Conditions</b> 7.1) Potential dangers	
<b>8. Bandaging and Taping Techniques</b> 8.1) Application of knowledge	
<b>9. Understanding the Basics of Injury Rehabilitation</b> 9.1) Rehab process	
<b>10. Helping the Injured Athlete Psychologically</b> 10.1) Mental strength	
<b>11. Recognizing Different Sports Injuries</b> 11.1) The Foot 11.2) The Ankle and Lower Leg 11.3) The Knee and Related Structures 11.4) The Thigh, Hip, Groin, and Pelvis 11.5) The Shoulder Complex 11.6) The Elbow, Forearm, Wrist and Hand 11.7) The Spine	

11.8) The Thorax and Abdomen
11.9) The Head, Face, Eyes, Ears, Nose and Throat
<b>12. General Medical Conditions and Additional Health Concerns</b>
12.1) Supplements
<b>13. Substance Abuse</b>
13.1) Drugs and supplements abuse
<b>14. Preventing and Managing Injuries in Young Athletes</b>
14.1) Care of youngers

Assessment Breakdown	%
Continuous Assessment	60.00%
Final Assessment	40.00%

Details of Continuous Assessment	Assessment Type	Assessment Description	% of Total Mark	CLO
	Case Study	Medical cover	20%	CLO2
	Individual Project	Article review	10%	CLO3 , CLO4
	Presentation	Current issues	10%	CLO3
	Test	Theory	20%	CLO1

Reading List	Recommended Text	<ul style="list-style-type: none"> <li>• William E. Prentice 2010, <i>Essentials of Athletic Injury Management</i>, 0 Ed., University of North Carolina</li> <li>• William E. Prentice &amp; Daniel D Arnheim 2011, <i>Principles of Athletic Training: A Competency</i>, 14 Ed., University of North Carolina</li> <li>• William E. Prentice 2011, <i>Rehabilitation Techniques in Sports Medicine</i>, 5 Ed., University of North Carolina</li> </ul>
Article/Paper List	This Course does not have any article/paper resources	
Other References	This Course does not have any other resources	