

Student Learning Plan

Unit 4: Wellness, Fitness, and First Aid

Heat Injuries [U4C2L7]



Why this is important:

Participating in any vigorous outdoor exercise or activity on an extremely hot day can lead to serious injuries if you are not prepared. Knowing how to recognize the signs and symptoms of heat related injuries could help you prevent a life-threatening accident. In this learning plan you will learn how to provide first aid for heat related injuries.



What you will learn to do:

(Competency)

Determine first aid treatment for heat related injuries

Linked Core Ability

D. Do your share as a good citizen in your school, community, country, and the world



How you will know when you are succeeding:

You will show that you have learned the target knowledge and skills:

- by creating “How To” Cards for a First Aid Resource File

Your performance will be successful when:

- “How To” cards are neat and easy to read
- “How To” cards include short phrases or sentences describing the steps in the procedure
- “How To” cards are complete and accurate
- Treating Heat Cramps card includes the steps to perform the procedure as described in the student text or other reference material
- Treating Heat Exhaustion card includes the steps to perform the procedure as described in the student text or other reference material
- Treating Heat Stroke card includes the steps to perform the procedure as described in the student text or other reference material



Knowledge and skills you will learn along the way:

(Learning Objectives)

- a. Explain the cause and effect of heat injuries
- b. Associate the symptoms of the three types of heat injuries
- c. Explain how to treat heat cramps
- d. Explain how to treat heat exhaustion
- e. Explain how to treat heatstroke
- f. Define key words: dehydration, fatigue, heat exhaustion, heatstroke, heat cramps, perspiring, ventilation



Learning Activities:

These learning activities are designed to help you learn the target skills and knowledge for this lesson. Your instructor may assign additional or alternative learning activities.

- ____ 1. CREATE a KWL chart or Tree Map for one of the following topics: Heat Cramps, Heat Exhaustion, or Heatstroke. PRESENT your team's chart to the class. [Work in teams of 3-6 cadets] RECORD your list and your responses to reflection questions in your Cadet Notebook.
- ____ 2. [SELF-PACED OPTION] CREATE a KWL chart or Tree Map for each of the following topics: Heat Cramps, Heat Exhaustion, or Heatstroke. RECORD your chart and your responses to reflection questions in your Cadet Notebook.
- ____ 3. LISTEN TO and OBSERVE a briefing about heat-related injuries. LEARN MORE OR REVIEW by reading Section 7: Heat Injuries in Chapter 2 of your text. ANSWER the review questions at the end of the section. [Work with a partner] CREATE a Flow Map of the first aid steps to follow for your assigned procedure. [Work in teams of 3-6 cadets] ENTER your answers to the review questions and your Flow Map to your Cadet Notebook.
- ____ 4. [SELF-PACED OPTION] CARRY OUT Learning Activity 3 independently. CREATE a Flow Map of the first aid steps to follow for each procedure. ENTER your answers to the review questions and your Flow Map to your Cadet Notebook.
- ____ 5. CREATE a poster warning about the dangers of heat cramps, heat exhaustion, and heatstroke. [Work in teams of 3-6 cadets] SHARE your poster with the rest of the class. RECORD your responses to reflection questions in your Cadet Notebook.
- ____ 6. [SELF-PACED OPTION] CARRY OUT Learning Activity 5 independently. RECORD your responses to reflection questions in your Cadet Notebook.
- ____ 7. CREATE "How To" cards for treating heat-related injuries. [Work with a partner] RECORD your responses to reflection questions in your Cadet Notebook.
- ____ 8. [SELF-PACED OPTION] CARRY OUT Learning Activity 7 independently. RECORD your responses to reflection questions in your Cadet Notebook.



Assessment Activities:

These assessment activities will enable you to show that you have learned the target skills and knowledge for this lesson. Your instructor may assign additional or alternative assessment activities.

- ____ 1. COMPLETE the First Aid for Heat Injuries Assessment Task. SELF-ASSESS your work using the scoring guide. SUBMIT your work to your instructor for feedback and a grade. PLACE your completed "How To" cards in your First Aid Resource File.
- ____ 2. SELF-PACED OPTION: Same as above.