

Syllabus: Health Education and First Aid

Course Content

- Introduction to health, wellness, models of health and types of abuses.
- Basic introduction to types of diseases, their causes and possible recoveries.
- Basics of Nutrition and Fitness, food pyramids, nutrients and fitness.
- First Aid For burning, and other emergency conditions.
- Demonstration of CPR.

References:

1. The Complete First Aid Pocket Guide: Step-by-Step Treatment for All of Your Medical Emergencies Including Heart Attack, Stroke, and Shock by John Furst
2. First Aid for the USMLE Step 1 by Tao Le, Vikas Bhushan, and Matthew Sochat
3. Health Education: Elementary and Middle School Applications by Susan Telljohann, Cynthia Symons, and Beth Pateman
4. The First Aid Companion for Dogs & Cats by Amy D. Shojai

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