

Unit 5 Overview – The Chest and Abdomen

Learning Outcomes:

<p>Skills</p> <ul style="list-style-type: none"> <input type="checkbox"/> Primary and secondary assessment for both conscious and unconscious patients <input type="checkbox"/> Recognition and care of abdominal and chest injuries <input type="checkbox"/> Recognition and care of a diabetic emergency <input type="checkbox"/> Describe exercise that focus on specific muscle groups (pecs, abs, obliques) <input type="checkbox"/> Create specific fitness and nutrition goals <input type="checkbox"/> Calculate calories based on a food label
<p>Knowledge</p> <ul style="list-style-type: none"> <input type="checkbox"/> Identify human anatomy related to the chest and abdominal regions <input type="checkbox"/> List key signs and symptoms for chest injuries (fractured rib, flail chest, open/closed pneumothorax) <input type="checkbox"/> List key signs and symptoms for abdominal injuries (abdominal pain, internal bleeding, exposed organs) <input type="checkbox"/> List key signs and symptoms for diabetic emergencies (diabetic coma and insulin shock) <input type="checkbox"/> Understand principles of healthy living <input type="checkbox"/> List the components of physical fitness (muscular strength, muscular endurance, cardiorespiratory endurance, flexibility, and body composition) <input type="checkbox"/> Understand the importance of Health Canada guidelines for physical activity and sedentary behaviour <input type="checkbox"/> Understand principles of fitness (progressive overload, specificity, individual differences, reversibility, and diminishing returns) <input type="checkbox"/> Be able to read and understand the Canada Food Guide <input type="checkbox"/> Know the difference between reps and sets and basic workout guidelines <input type="checkbox"/> Understand different ways of calculating body fat, such as BMI, etc.
<p>Judgment</p> <ul style="list-style-type: none"> <input type="checkbox"/> Apply the FITT principle to specific situations <input type="checkbox"/> Analyze food labels to make healthy choices <input type="checkbox"/> Explain the drawbacks of quick dieting, and the importance of healthy weight loss <input type="checkbox"/> Demonstrate appropriate decision-making in scenarios <input type="checkbox"/> Demonstrate management over a situation, including direction of bystanders
<p>Application:</p> <ul style="list-style-type: none"> <input type="checkbox"/> List jobs that require fitness theory <input type="checkbox"/> List further training opportunities in fitness theory <input type="checkbox"/> List real-life situations where skills would be applicable <input type="checkbox"/> Describe what it might be like to perform these skills in real-life

Lessons:

- 5.1 Abdominal Injuries
- 5.2 Chest Injuries
- 5.3 Nutrition Basics
- 5.4 Body Composition and Diabetes
- 5.5 Fitness Basics (and Core Muscles)
- 5.6 Patient Assessment

Assessment

- 1) Nutrition Assignment
- 2) Fitness Assignment
- 3) Diabetes Lab
- 4) Participation during secondary assessment practice
- 5) Unit review
- 6) Secondary Assessment Skill (see marking sheet)
- 7) Test