

COURSE SYLLABUS

Vocational School

Course Code	Course Title		Credits (T–P–L)	ECTS
IYU-220	First Aid and Practices		(2-0-2)	6
Prerequisites	None			
Language of Instruction	Turkish	Mode of Delivery	Face to face	
Course Type and Level	Compulsory / 2nd Year / Spring Semester			
Instructor		Class Hours	Office Hours	İletişim
Lecturer Ayşe Tazegül		2	Tuesday–Thursday 10:00–16:00	ayseercan@cag.edu.tr
Course Coordinator	Lecturer Ayşe Tazegül			
Learning Outcomes				
Course Learning Outcomes	Upon successful completion of this course, the student will be able to:		Relations	
			Program Outcomes	Contribution
	1	Recall the definition, objectives, and basic principles of first aid.	1	4
	2	Explain the differences between first aid and emergency treatment.	1	4
	3	List the steps of basic life support.	1	4
	4	Explain first-aid interventions to be applied in different emergencies (bleeding, shock, burns, fractures, etc.).	1	4
	5	Explain ensuring scene safety and assessment steps.	1	4
	6	Perform basic life support (CPR) applications.	1	4
	7	Apply appropriate first-aid techniques for bleeding, burns, frostbite, fractures, dislocations, sprains, poisoning, animal bites, drowning, injuries, heart attack, and consciousness disorders.	1	4
	8	Perform safe transportation and positioning of the casualty.	1	4
	9	Select appropriate first-aid methods according to the type of injury.	1	4
	10	Perform scene assessment and identify priority interventions.	1	4
Course Objective and Description		The first-aid course covers the basic practices required to sustain life, prevent deterioration, and support recovery until professional medical assistance arrives during emergencies. The content includes general first-aid principles, patient/injured assessment methods, basic life support, bleeding, injuries, burns, fractures-dislocations-sprains, poisoning, drowning, heat and cold exposure, heart attack, and stroke emergencies. Additionally, first aid in accidents and disasters, carrying techniques, and safety precautions are taught, enabling students to acquire both theoretical knowledge and practical skills.		

Course Contents: (Weekly Course Plan)

Week	Topic	Preparation	Teaching Method and Techniques
1	Course introduction, definition, and importance of first aid	Review course syllabus	Lecture, Discussion
2	Scene assessment and safe approach	Review basic concepts	Brainstorming, Case Analysis
3	Basic structure of the human body and vital signs	Read introduction to anatomy and physiology	Lecture, Q&A
4	Basic life support (CPR) – adult	Watch CPR videos	Practice, Role Play, Case Analysis
5	Basic life support – child	Watch and review CPR videos	Practice, Role Play
6	Basic life support – infant	Watch and review CPR videos	Practice, Role Play
7	Airway obstructions (Heimlich maneuver)	Prepare scenario	Practice, Group Work, Role Play
8	Midterm Exam		
9	Midterm Exam		
10	First aid for bleeding and shock	Study bleeding types and prepare scenario	Problem Solving, Practice, Role Play
11	First aid for fractures, dislocations, and sprains	Review skeletal system knowledge and prepare scenario	Problem Solving, Practice, Role Play
12	First aid for burns, frostbite, and heat stroke	Review visual materials	Lecture, Scenario Analysis, Discussion
13	First aid for injuries	Prepare sample scenario	Problem Solving, Role Play
14	First aid for poisoning and animal bites	Research sample incidents	Discussion, Group Work
15	Emergency transport techniques	Watch videos on transport techniques	Practice, Role Play
16	Basic applications (CPR, Heimlich Maneuver)	Repetition of practices	Practice, Role Play
17	Final Exam		
18	Final Exam		

Course Resources

Course Book	Republic of Türkiye Ministry of Health. (2024). <i>First Aid Training Book</i> . Ankara: Ministry of Health Publications.
Recommended Resources	Turkish Red Crescent (2024–). <i>First Aid Handbook</i> . Ankara: Red Crescent Academy.

Assessment and Evaluation

Activity	Number	Contribution (%)	Notes
Midterm Exam	1	35	Written exam
Project			
Assignment			
Practice		15	Individual basic first-aid applications
Portfolio			
Final Exam	1	50	Comprehensive written exam

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Activity	Number	Hours	Total
Class Duration	14	2	28
Out-of-Class Study	14	5	70
Assignments			
Practice	1	8	8
Project			
Midterm Exam (Exam + Preparation)	1	16	16
Final Exam (Exam + Preparation)	1	22	22
Total			144
Total / 30			144 / 30 = 4.8
ECTS Credit			5

