

## Higher National Unit Specification

### General information for centres

**Unit title:** First Aid for Sport

**Unit code:** DD30 34

**Unit purpose:** This unit introduces the candidate to the skills required to administer First Aid. It also allows the candidate to develop the skills to be able to recognise conditions and illnesses that may arise.

On completion of this unit the candidate will be able to:

1. Describe the responsibilities of a workplace first aider.
2. Demonstrate the first aid techniques required to save life.
3. Demonstrate and describe a range of first aid techniques.

**Credit value:** 0.5 HN Credits at SCQF level 7: (4 SCOTCAT credit points at SCQF level 7\*)

*\*SCOTCAT points are used to allocate credit to qualifications in the Scottish Credit and Qualifications Framework (SCQF). Each qualification in the Framework is allocated a number of SCOTCAT points at an SCQF level. There are 12 SCQF levels, ranging from Access 1 to doctorates.*

**Recommended prior knowledge and skills:** Access to this unit requires the candidate to possess the underpinning knowledge of human body systems, (respiratory, circulatory, skeletal and nervous systems).

NQ unit Human Physiology in the Development of Performance, No: D681 12 is an example of a suitable unit.

Ultimately, entry is at the discretion of the presenting centre.

**Core skills:** There may be opportunities to gather evidence towards core skills in this Unit, although there is no automatic certification of core skills or core skills components.

**Context for delivery:** If this Unit is delivered as part of a group award, it is recommended that it should be taught and assessed within the subject area of the group award to which it contributes. This unit is included in the framework for the HNC/D Sports Coaching with Development of Sport.

**Assessment:** Two different instruments of assessments will be used to assess the Unit. Outcome 1 will be assessed by an oral assessment. Outcome 2 & 3 will be assessed by a practical exercise supported by oral assessment.

## **General information for centres (cont)**

Unit title: First Aid for Sport

The unit will be assessed by a practical exercise in life saving techniques (Outcome 2) and bandaging (Outcome 3) followed by an oral examination on the recognition and treatment of illnesses, injuries and conditions (Outcomes 1, 2 and 3) which may be present in their working situation.

Candidates who can present a current HSE approved First Aid at Work certificate will be accredited with matching competences.

## **Higher National Unit specification: statement of standards**

**Unit title:** First Aid for Sport

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The sections of the Unit stating the Outcomes, knowledge and/or skills, and evidence requirements are mandatory.

Where evidence for Outcomes is assessed on a sample basis, the whole of the content listed in the knowledge and/or skills section must be taught and available for assessment. Candidates should not know in advance the items on which they will be assessed and different items should be sampled on each assessment occasion.

### **Outcome 1**

Describe the responsibilities of a workplace first aider.

#### **Knowledge and/or skills**

- Assessing first aid/emergency situations
- Ensuring safety for self and others
- Diagnosis of the condition/s of casualties
- Treatment to be administered
- Arranging transport for casualties
- Making/giving reports
- Managing first aid/emergency situations

#### **Evidence requirements**

To achieve this outcome the candidate will need evidence to demonstrate their knowledge and understanding of the responsibilities of a first aider.

The assessment will take the form of an oral assessment in which the candidate will be required to:-

- 1 Describe the action to be taken in a first aid /emergency situation to assess the situation and ensure safety for self and others.
- 2 Describe the signs/symptoms and treatment required for 6 situations.
- 3 Describe 3 methods of transporting casualties.
- 4 Identify the information needed for an accident/incident report.

All sections must be completed satisfactorily.

## **Higher National Unit specification: statement of standards (cont)**

**Unit title:** First Aid for Sport

### **Assessment guidelines**

The type of assessment used for this outcome should enable the candidate to demonstrate their knowledge of the responsibilities of a workplace first aider.

The oral assessment is carried out using scenarios, which are assessed against a checklist of the knowledge and skills required for the situation.

### **Outcome 2**

Demonstrate the first aid techniques required to save life.

#### **Knowledge and/or skills**

- Expired air ventilation techniques
- Cardio-pulmonary resuscitation techniques
- Placing casualty in the recovery position

#### **Evidence requirements**

The assessment will take the form of a practical exercise and oral assessment in which the candidates will be required to:-

- 1 Demonstrate and describe the recommended expired air ventilation techniques
- 2 Demonstrate and describe the recommended cardio-pulmonary resuscitation technique.
- 3 Demonstrate and describe placing a casualty in the recovery position.

The oral assessment and practical exercise are carried out using scenarios, which are assessed against a checklist of the knowledge and skills required for the situations indicated by the assessor. Supplementary questions can be used in the practical exercises to clarify the actions taken and ensure the candidate is able to demonstrate full knowledge of any area that cannot be demonstrated.

#### **Assessment guidelines**

The type of assessment used for this outcome should enable the candidate to demonstrate their knowledge and skill in using the first aid techniques required to save life.

## **Higher National Unit specification: statement of standards (cont)**

**Unit title:** First Aid for Sport

### **Outcome 3**

Demonstrate and describe a range of first aid techniques.

#### **Knowledge and/or skills**

- Bandaging techniques
- Use of triangular slings
- Diagnosing conditions/illnesses/injuries
- Treatment of conditions/illnesses/injuries

#### **Evidence requirements**

The instruments of assessment will take the form of a practical exercise and oral assessment from which the candidates will be required to:-

- 1 Demonstrate 2 recommended bandaging techniques for selected injuries.
- 2 Demonstrate 2 uses of triangular slings for selected injuries.
- 3 Describe the signs and symptoms for 6 conditions/illnesses/injuries.
- 4 Describe the treatment for 6 conditions/illnesses/injuries.

The oral assessment and practical exercise are carried out using scenarios, which are assessed against a checklist of the knowledge and skills required for the situations indicated by the assessor.

Supplementary questions can be used in the practical exercises to enable the candidate to describe signs, symptoms and treatment of conditions/illnesses/injuries that cannot be demonstrated.

All sections must be completed satisfactorily.

#### **Assessment guidelines**

The type of assessment used for this outcome should enable the candidate to demonstrate their skill using the selected range of first aid techniques.

## **Administrative Information**

**Unit code:** DD30 34

**Unit title:** First Aid for Sport

**Superclass category:** PD

**Date of publication:** August 2003

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**Source:** SQA

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## **Higher National Unit specification: support notes**

**Unit title:** First Aid for Sport

This part of the Unit specification is offered as guidance. The support notes are not mandatory.

While the exact time allocated to this Unit is at the discretion of the centre, the notional design length is 20 hours.

### **Guidance on the content and context for this Unit**

**Current practice will apply throughout the unit as this is subject to regular review.**

#### **Outcome 1**

##### **Assessing first aid/emergency situations**

Survey scene; identify dangers; is further help needed; delegate to bystanders;

##### **Ensuring safety for self and others**

Stay calm; protect self from infection; wash hands if possible; wear gloves; keep bystanders away from danger;

##### **Diagnosis of the condition/s of casualties**

Is casualty conscious; is airway open; is there breathing; signs of circulation present; findings dictate priority of action;

##### **Treatment to be administered**

*Give appropriate treatment (e.g. RICE) as required; reassure casualty; etc.*

##### **Arranging transport for casualties**

Call for ambulance; use stretchers; use own transport;

##### **Making/giving reports**

Completing workplace/legal report form; verbal report; information to be given (extent of injury, number of casualties, age, sex, place of accident, cause etc.)

##### **Managing first aid/emergency situations**

Control of bystanders; keeping area safe; ensure all injured are looked after in priority order.

#### **Outcome 2**

##### **Expired air ventilation techniques**

Mouth to mouth; mouth to nose; 10 breaths/minute; checking for circulation; airway kept open; (current practice will apply)

##### **Cardio-pulmonary resuscitation techniques**

Correct hand position; correct ratio of compressions to breaths; correct depth of compression; airway open; (Current practice will apply)

## **Higher National Unit specification: support notes (cont)**

**Unit title:** First Aid for Sport

### **Placing casualty in the recovery position**

Kneel beside casualty, remove spectacles and any very bulky objects (mobile phones, keys) from pockets; straighten legs; place arm nearest to you at right angles with palm facing upwards; bring arm furthest from you across casualty's chest and hold back of hand against cheek nearest to you. With your other hand grasp the far leg just above the knee and pull it up, keeping foot flat on the ground; keep casualty's hand pressed against their cheek, pull on the far leg and roll the casualty toward you and onto their side; adjust the upper leg so that the hip and knee are at right angles; tilt the casualty's head back so the airway remains open; call for ambulance (999) and monitor and record vital signs – level of response, pulse and breathing; If in position for more than 30 minutes turn casualty onto opposite side – unless injuries prevent you.

Knowing when NOT to place casualty in the recovery position – after fall or serious trauma. (Current practice will apply)

### **Outcome 3**

Bandaging techniques

Use of triangular slings

Methods of transporting casualties

Diagnosing conditions/illnesses/injuries

Treating conditions/illnesses/injuries

All of the above are clearly described in the current First Aid Manual (Current Edition to be used)

Scenarios selected would depend on the workplace of the candidates e.g. sports field, sports halls, courts, fitness gym, laboratory, Lochs & rivers, hillside, etc.

### **Guidance on the delivery and assessment of this Unit**

The delivery should be in the form of practical demonstrations with candidates practicing the skills required to achieve the competences of a current work based vocational First Aid Award. Along side the practical performance aspects the candidates should receive lectures and handouts relating to the theoretical aspects of First Aid (diagnosis, signs and symptoms, recognition of conditions/illnesses/injuries, actions in an emergency, first aid treatments, making reports, etc.). Any delivery should refer to the most recent edition of the First Aid Manual.

The oral assessment and practical exercises are carried out using scenarios, which are assessed against a checklist of the knowledge and skills required for the situations indicated by the assessor.



## **Higher National Unit specification: support notes (cont)**

**Unit title:** First Aid for Sport

Supplementary questions can be used in the practical exercises to enable the candidate to describe signs, symptoms and treatment of conditions/illnesses/injuries that cannot be demonstrated.

### **Open learning**

Theoretical aspects could be studied but due to the practical nature of most of the competences required for a First Aid Award open learning should not be offered.

### **Special needs**

This Unit specification is intended to ensure that there are no artificial barriers to learning or assessment. Special needs of individual candidates should be taken into account when planning learning experiences, selecting assessment instruments or considering special alternative Outcomes for Units. For information on these, please refer to the SQA document *Guidance on Special Assessment Arrangements* (SQA, 2001).

## **General information for candidates**

### **Unit title:** First Aid Sport

This unit introduces the candidate to the skills required to administer First Aid. It also allows the candidate to develop the skills to be able to recognise conditions and illnesses that may arise.

On completion of this unit the candidate will be able to:

- 1 Describe the responsibilities of a workplace first aider
- 2 Demonstrate the first aid techniques required to save life
- 3 Demonstrate and describe a range of first aid techniques

### **OUTCOME 1**

To achieve this outcome the candidate will need evidence to demonstrate their knowledge and understanding of the responsibilities of a first aider.

The assessment will take the form of an oral assessment from which the candidates will be required to undertake the following:

- 1 Describe the action to be taken in a first aid /emergency situation to assess the situation and ensure safety for self and others.
- 2 Describe the signs/symptoms and treatment required for 6 situations
- 3 Describe 3 methods of transporting casualties
- 4 Identify the information needed for an accident/incident report

### **OUTCOME 2**

The assessment will take the form of a practical exercise and oral assessment from which the candidates will be required to undertake the following:

- 1 Demonstrate and describe the recommended expired air ventilation techniques
- 2 Demonstrate and describe the recommended cardio-pulmonary resuscitation technique
- 3 Demonstrate and describe placing a casualty in the recovery position

The oral assessment and practical exercise are carried out using scenarios, which are assessed against a checklist of the knowledge and skills required for the situations indicated by the assessor. Supplementary questions can be used in the practical exercises to clarify the actions taken and ensure the candidate is able to demonstrate full knowledge of any area that cannot be demonstrated.

## **General information for candidates (cont)**

**Unit title:** First Aid Sport

### **OUTCOME 3**

The instruments of assessment will take the form of a practical exercise and oral assessment from which the candidates will be required to undertake the following:

- 1 Demonstrate 2 recommended bandaging techniques for selected injuries
- 2 Demonstrate 2 uses of triangular slings for selected injuries
- 3 Describe the signs and symptoms for 6 conditions/illnesses/injuries
- 4 Describe the treatment for 6 conditions/illnesses/injuries

The oral assessment and practical exercise are carried out using scenarios, which are assessed against a checklist of the knowledge and skills required for the situations indicated by the assessor.

Supplementary questions can be used in the practical exercises to enable the candidate to describe signs, symptoms and treatment of conditions/illnesses/injuries that cannot be demonstrated.

### **BIBLIOGRAPHY**

First Aid Manual  
(Current edition will apply)

Authorised manual of St Andrew's Ambulance Association, St John Ambulance and British Red Cross Society.  
(Current edition will apply).