



## Higher National Unit specification: general information

**Unit title:** First Aid for Sport and Fitness

**Unit code:** FW5Y 34

**Superclass:** PD

**Publication date:** February 2013

**Source:** Scottish Qualifications Authority

**Version:** 03

### 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 role and responsibilities of a sport and fitness first aider.
- 2 Demonstrate basic life support for adult and child casualties
- 3 Demonstrate and describe how to deal with a variety of sports injuries and medical conditions

### Recommended prior knowledge and skills

Entry is at the discretion of the presenting centre.

Access to this Unit requires the candidate to possess the underpinning knowledge of human body systems, (respiratory, circulatory, skeletal and nervous systems).

There are a number of SQA Units at SCQF level 5 and 6 which may be appropriate to underpin this Unit.

### Credit points and level

0.5 Higher National Unit credit at SCQF level 7: (4 SCQF credit points at SCQF level 7\*)

*\*SCQF credit 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 SCQF credit points at an SCQF level. There are 12 SCQF levels, ranging from Access 1 to Doctorates.*

## **General information (cont)**

### **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/HND *Coaching and Developing Sport*.

### **Assessment**

Two different instruments of assessments will be used to assess the Unit.

**Outcome 1 and 3** will be assessed by an oral assessment.

**Outcomes 2** will be assessed by a practical exercise.

The Unit will be assessed by a practical exercise in basic life support techniques (Outcome 2) followed by an oral examination on the recognition and treatment of illnesses, injuries and conditions (Outcomes 1-and 3) which may be present in their sporting and fitness environment.

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

## Higher National Unit specification: statement of standards

**Unit title:** First Aid for Sport and Fitness

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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 role and responsibilities of a sport and fitness first aider.

#### Knowledge and/or Skills

- ◆ Planning first aid/emergency situations
- ◆ Consent and legal responsibilities of a sport and fitness first aider
- ◆ Ensuring safety for self and others
- ◆ Arranging transport for casualties
- ◆ Reporting and making accurate records.

#### Evidence Requirements

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

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

- ◆ describe the action to be taken in a first aid/emergency situation to assess the situation and ensure safety for self and others
- ◆ describe the signs/symptoms and treatment required for six situations
- ◆ describe three methods of transporting casualties
- ◆ 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 and Fitness

### 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 basic life support for adult and child casualties

#### Knowledge and/or Skills

- ◆ Use of an automated external defibrillator (AED)
- ◆ Cardio-pulmonary resuscitation techniques
- ◆ Treating an unconscious casualty

#### Evidence Requirements

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

- ◆ describe and demonstrate the use of an Automated External Defibrillator (AED)
- ◆ demonstrate and describe the recommended cardio-pulmonary resuscitation technique (CPR) for an adult and child casualty in accordance to recent European Resuscitation Council Guidelines with reasons why you would stop CPR
- ◆ Describe and discuss how to assess an unconscious casualty (AVPU) and the reasons why they may have become unconscious
- ◆ demonstrate and describe placing a casualty in the recovery position when appropriate to do so

The practical exercise should be 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 adequately 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 and Fitness

### Outcome 3

Demonstrate and describe how to deal with a variety of sports injuries and medical conditions

#### Knowledge and/or Skills

- ◆ Bandaging techniques.
- ◆ Management of soft tissue injuries
- ◆ Assessing and management of Concussion, shock and spinal injuries
- ◆ Recognise the signs symptoms and treatments of a number of medical conditions

#### 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:

- ◆ demonstrate two recommended bandaging techniques for selected injuries
- ◆ describe and demonstrate the use of the PRICE regime
- ◆ discuss how to assess a casualty for concussion and current Return to Play (RTP) guidelines, describe the signs and symptoms of clinical shock, demonstrate immobilisation techniques and the use of a log roll for spinal casualty
- ◆ describe the signs, symptoms and treatment for a number of medical conditions including medication where appropriate, including the difference between a mild and severe allergy

The oral assessment should be 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.

## Higher National Unit specification: support notes

### Unit title: First Aid for Sport and Fitness

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 recommended nationwide practice will apply throughout the Unit and this is subject to regular review.

#### Outcome 1

- ◆ Assessing first aid/emergency situations:
  - survey scene, identify dangers, if further help needed, delegate to bystanders, permission to treat, children, unconscious casualty
- ◆ Ensuring safety for self and others:
  - stay calm, protect self from infection, wear gloves, keep bystanders away from danger, duty of care
- ◆ Arranging transport for casualties:
  - call for ambulance, information required (LIONEL), 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, duty of care, standard of care

#### Outcome 2

- ◆ Use of an automated external defibrillator(AED)
  - Correct pad placement (adult and child),minimum time delay
- ◆ Cardio-pulmonary resuscitation techniques:
  - correct hand position, correct ratio of compressions to breaths, correct depth and rate of compressions, airway open, successful rescue breaths (current practice will apply)
- ◆ Placing casualty in the recovery position:
  - How to assess (APVU), demonstrate recovery position, knowing when NOT to place casualty in the recovery position — (current practice will apply)

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

**Unit title:** First Aid for Sport and Fitness

### Outcome 3

- ◆ Bandaging techniques
  - What to do, how to apply different types of dressing, when to send on
- ◆ Management of soft tissue injuries
  - PRICE regime, when not to use ice, how to assess return to play
- ◆ Diagnosing conditions/illnesses/injuries.
  - Signs and symptoms, asthma, diabetes, epilepsy, angina, environmental problems, allergies, immobilisation, how/when to move casualty
- ◆ Treating conditions/illnesses/injuries.
  - Causes, signs, symptoms, management, asthma, diabetes, epilepsy, angina, environmental problems, allergies

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, eg sports field, sports halls, courts, fitness gym, laboratory, lochs and 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 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.

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 fully or adequately 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 is unlikely to be able to be offered. It may be possible to assess some of the Knowledge based aspect however by this method.

### Opportunities for the use of e-assessment

E-assessment may be appropriate for some assessments in this Unit. By e-assessment we mean assessment which is supported by Information and Communication Technology (ICT), such as e-testing or the use of e-portfolios or e-checklists. Centres which wish to use

e-assessment must ensure that the national standard is applied to all candidate evidence and that conditions of assessment as specified in the Evidence Requirements are met, regardless of the mode of gathering evidence. Further advice is available in *SQA Guidelines on Online Assessment for Further Education (AA1641, March 2003)*, *SQA Guidelines on e-assessment for Schools (BD2625, June 2005)*.



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

**Unit title:** First Aid for Sport and Fitness

### Opportunities for developing Core Skills

Candidates may develop skills in *Working with Others* during their study stage. Skills in *Oral Communication* will be developed as candidates are required to try to communicate effectively and calmly with the injured person and the candidate is also required to make a written report in the case of certain accidents or incidents or diseases. Skills may be developed therefore in *Problem Solving*.

### Disabled candidates and/or those with additional support needs

The additional support needs of individual candidates should be taken into account when planning learning experiences, selecting assessment instruments, or considering whether any reasonable adjustments may be required. Further advice can be found on our website [www.sqa.org.uk/assessmentarrangements](http://www.sqa.org.uk/assessmentarrangements)

## History of changes to Unit

Version	Description of change	Date
03	Amended to update current legislation, regulation and Health and Fitness practices. Clarification of outcomes in a sport and fitness context as requested by centres.	30/09/16
02	Amended to reflect current Health Safety practices.	21/02/13

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## General information for candidates

### Unit title: First Aid for Sport and Fitness

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

On completion of this Unit you will be able to:

- 1 Describe the **role and** responsibilities of a **workplace sport and fitness** first aider
- 2 Demonstrate ~~the first aid techniques required to save life~~ **basic life support for adult and child casualties**
- 3 Demonstrate and describe ~~a range of first aid techniques~~ **how to deal with a variety of sports injuries and medical conditions**

#### Outcome 1

To achieve this Outcome you will need evidence to demonstrate knowledge and understanding of the responsibilities of a **sport and fitness** first aider.

The assessment will take the form of an oral assessment and you will be required to undertake the following:

- ◆ describe the action to be taken in a first aid/emergency situation to assess the situation and ensure safety for self and others.
- ◆ describe the ~~signs/symptoms and treatment required for 6 situations~~. **legal responsibilities and consent needed for a sport and fitness first aider**
- ◆ describe methods of transporting casualties.
- ◆ identify the information needed for an accident/incident report **making accurate records**

#### Outcome 2

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

- ◆ demonstrate and describe the ~~recommended expired air ventilation techniques~~ **the use of an Automated External Defibrillator (AED)**
- ◆ demonstrate and describe the recommended cardio-pulmonary resuscitation technique
- ◆ demonstrate and describe ~~placing a casualty in the recovery position~~ **treating an unconscious casualty**

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.

Your assessor may ask additional questions during the practical exercises to clarify the actions taken and ensure that you are able to demonstrate full knowledge of any area that cannot be demonstrated satisfactorily.

## General information for candidates (cont)

**Unit title:** First Aid for Sport and Fitness

### Outcome 3

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

- ◆ demonstrate ~~two~~ recommended bandaging techniques for selected injuries
- ◆ ~~demonstrate two uses of triangular slings for selected injuries~~ **describe and demonstrate the PRICE regime**
- ◆ **describe how to assess a casualty for concussion and current Return to Play (RTP) guidelines, describe the signs and symptoms of clinical shock, demonstrate immobilisation techniques and the use of a log roll for spinal casualty**
- ◆ describe the signs and symptoms of , **asthma, diabetes, epilepsy, angina, environmental problems, allergies, immobilisation, how/when to move casualty**
- ◆ describe the treatment **management** for, **asthma, diabetes, epilepsy, angina, environmental problems, allergies**

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 allow you to describe signs, symptoms and treatment of conditions/illnesses/injuries that cannot be adequately demonstrated.