



Course Specification

(Bachelor)

Course Title: First Aid

Course Code: BIOL 483

Program: Bachelor of Science (B.Sc)

Department: Biology Department

College: College of Science

Institution: Majmaah University

Version: Third

Last Revision Date: 5.4.1444 H



Table of Contents

A. General information about the course:	3
B. Course Learning Outcomes (CLOs), Teaching Strategies and Assessment Methods	4
C. Course Content	5
D. Students Assessment Activities	6
E. Learning Resources and Facilities	6
F. Assessment of Course Quality	7
G. Specification Approval	7





A. General information about the course:

1. Course Identification

1. Credit hours: (3 (3+0))

Equivalent to ECTS Credit Point: 4.5

2. Course type

- A. University College Department Track Others
- B. Required Elective

3. Level/year at which this course is offered: (Level 8)

4. Course General Description:

This course introduces the essential theoretical principles of first aid, including the responsibilities of the first aider, required equipment, and the initial management of different types of injuries until advanced medical assistance is provided.

5. Pre-requirements for this course (if any):

N/A

6. Co-requisites for this course (if any):

N/A

7. Course Main Objective(s):

- The student recognizes the basic principles of first aid and the role of the first aider.**
- The student prioritizes emergencies based on severity.**
- The student provides appropriate first aid until medical help arrives.**

2. Teaching mode (mark all that apply)

No	Mode of Instruction	Contact Hours	Percentage
1	Traditional classroom	45	80%
2	E-learning	11	20%
3	Hybrid <ul style="list-style-type: none"> • Traditional classroom • E-learning 		
4	Distance learning		





3. Contact Hours (based on the academic semester)

No	Activity	Contact Hours
1.	Lectures	45
2.	Laboratory/Studio	0
3.	Field	0
4.	Tutorial	0
5.	Others (specify)	0
Total		45

Workload (based on the academic semester)

No	Activity	Contact Hours
1.	Contact hrs	45
2.	Self-study hours or Academic learning hours (9Assignment, quizzes, reports, Discussion, Library, Research ...)	45
Total Workload		90
Equivalent to ECTS Credit points		4.5

B. Course Learning Outcomes (CLOs), Teaching Strategies and Assessment Methods

B. Course Learning Outcomes (CLOs), Teaching Strategies and Assessment Methods

Code	Course Learning Outcomes	Code of PLOs aligned with the program	Teaching Strategies	Assessment Methods
1.0	Knowledge and understanding			
1.1	states the principles of first aid	K1	Lectures, Presentations, and Individual and group discussions	Assignments Quizzes Midterm and final exams
1.2				
1.3	The student identifies the main steps involved in the first aid procedure	K3	Lectures, Presentations, and Individual and group discussions	Assignments Quizzes Midterm and final exams
2.0	Skills			
2.1				
2.2	The student assesses casualties, prioritizes in mass-casualty incidents, and applies	S2	Lectures, Presentations, and Individual and group discussions	Assignments Quizzes Midterm and final exams



Code	Course Learning Outcomes	Code of PLOs aligned with the program	Teaching Strategies	Assessment Methods
	appropriate first aid steps.			
2.3				
2.4				
3.0	Values, autonomy, and responsibility			
3.1	The student develops self-control skills and cooperates effectively with the team	V1	Students will work in groups to collect and present information	-Student effort in report preparation Scientific value of reports -Teamwork performance
3.2				
...				

C. Course Content

No	List of Topics	Contact Hours
1.	Introduction (identifying the objectives of first aid and the priorities of treatment)	3
2.	Identifying the key characteristics and major responsibilities of the first aider.	3
3.	Assessing the situation that requires first aid intervention	3
4.	Identifying preventive methods that help individuals avoid different types of injuries	3
5.	Recognizing the cardiopulmonary resuscitation (CPR) plan – the chain of survival	6
6.	Severe head injuries	6
7.	The respiratory system and breathing-related problems	3
8.	The circulatory system (heart and blood vessels) and circulation-related problems	3
9	Poisoning, burns, and scalds	3
10	The musculoskeletal system and injuries of bones, muscles, and joints	3
11	Effects of extreme heat and extreme cold on the body	3
12	High and low blood sugar (diabetes-related emergencies)	3
13	Epileptic seizures	3
Total		45

D. Students Assessment Activities

No	Assessment Activities *	Assessment timing (in week no)	Percentage of Total Assessment Score
1.	Midterm Exam 1	1 - 10 th week	15%
2.	Online Exam	1 - 10 th week	10%
3.	Assignments	1 - 10 th week	5%
4.	Midterm Exam 2	1 - 10 th week	15%
5.	Student Reports and Presentations	1 - 10 th week	10%
6.	Activities and Discussions	11 th - 13 th week	5%
7.	Final Examination	14 th - 15 th week	40%
8.	Total		100%

*Assessment Activities (i.e., Written test, oral test, oral presentation, group project, essay, etc.).

E. Learning Resources and Facilities

1. References and Learning Resources

Essential References	Barraclough, N. (2012). Basic First Aid. Quallsafe Limited. ISBN: B00G0A06T4.
Supportive References	Khalil, M. M. H. (2004). First Aid Guide. Lebanon Library. ISBN: 9953-1-0072-.
Electronic Materials	https://www.redcross.org/take-a-class/first-aid https://www.firstaidweb.com
Other Learning Materials	Electronic materials of Lecture notes and PowerPoints available in 'Black board' database

2. Required Facilities and equipment

Items	Resources
facilities (Classrooms, laboratories, exhibition rooms, simulation rooms, etc.)	Equipped Laboratories / Lab technician
Technology equipment (projector, smart board, software)	Computers room
Other equipment (depending on the nature of the specialty)	Library and seminar room / quit room for study





F. Assessment of Course Quality

Assessment Areas/Issues	Assessor	Assessment Methods
Effectiveness of teaching	Students	Indirect
Effectiveness of Students assessment	Course Lecturer	Indirect
Quality of learning resources	College	Direct
The extent to which CLOs have been achieved	Course Lecturer	Direct
Other		

Assessors (Students, Faculty, Program Leaders, Peer Reviewers, Others (specify))

Assessment Methods (Direct, Indirect)

G. Specification Approval

COUNCIL /COMMITTEE	Biology Department Council
REFERENCE NO.	7
DATE	4. 4. 1446H (07.10.2024)

