

# Arizona Peace Officer Standards and Training

## Basic Curriculum Lesson Plan

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**LESSON TITLE: FIRST AID - HUMAN ANATOMY 8.1**

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SUBJECT:	First Aid (Human Anatomy)
AZ POST DESIGNATION:	8.1.4
HOURS:	1
COURSE CONTENT:	Identifies the major body regions by location and function.
PERFORMANCE OBJECTIVES:	Upon completion of this course of instruction, students using notes, handouts and other support materials as references, within the allotted time, will: <ul style="list-style-type: none"><li>8.1.4.1 Identify the major human body regions by common name and be able to describe the location of an injury within those body parts:<ul style="list-style-type: none"><li>A. Head.</li><li>B. Neck.</li><li>C. Trunk.</li><li>D. Upper extremities.</li><li>E. Lower extremities.</li></ul></li><li>8.1.4.2 Identify the following major body system:<ul style="list-style-type: none"><li>A. Skeletal/Muscle System</li></ul></li></ul>

DATE FIRST PREPARED:	January 1998	
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REVIEWED – <b>REVISED</b> :	David Kleinman	DATE: December 1998
REVIEWED – <b>REVISED</b> :	AZ POST (Word)	DATE: June 2003
REVIEWED – <b>REVISED</b> :	SME Committee	DATE: October 2003
REVIEWED – <b>REVISED</b> :	Officer Tim Taylor, SME Chairman	DATE: February 2004
REVIEWED – <b>REVISED</b> :	AZ POST (RW)	DATE: January 2006
REVIEWED – <b>REVISED</b> :	AZPOST (DocX)	DATE: March 2022
AZ POST – APPROVAL:	Richard Watling	DATE: January 2006
AZ POST – APPROVAL:	Lori Wait	DATE: March 2022

**INSTRUCTOR REFERENCES:**

**CLASS LEVEL:** Student

**TRAINING AIDS:**

**INSTRUCTIONAL STRATEGY:** Interactive lecture and class discussion.

**SUCCESS CRITERIA:** 70% or higher on a written, multiple-choice examination.

**COMPUTER FILE NAME:** Human Anatomy

**DATE RELEASED TO THE SHARE FILE:** May 27, 2022

**I. INTRODUCTION**

- A. Instructor – (self) introduction.
- B. Preview of performance objectives.

**II. HUMAN BODY REGIONS**

- A. Identify the major human body regions by common name.
- B. Be able to describe the location of any injury within those regions. (Locate each region on a mannequin or other visual aid.)

**C. Head. P. O. 8.1.4.1A**

- 1. The head contains the skull and face.
- 2. Houses the brain.
- 3. Protects cerebrum, cerebellum and brainstem.
- 4. Maxilla and mandible.

**D. Neck. P. O. 8.1.4.1B**

- 1. Part of the spine (cervical).
- 2. Carotid arteries.
- 3. Check for stoma.
- 4. Cervical spine injuries.

**E. Trunk. P. O. 8.1.4.1C**

- 1. Three (3) main regions:
  - a. Chest.
    - i. Twelve (12) pairs of ribs that connect to the spine.
    - ii. The sternum is bone that ribs connect to in front.
  - b. Abdomen.
  - c. Pelvis.

F. Upper extremities: **P. O. 8.1.4.1D**

1. Shoulder.
2. Arm: Made up of one (1) bone.
3. Elbow.
4. Forearm: Made up of two (2) bones.
5. Wrist.

G. Lower extremities. **P. O. 8.1.4.1E**

1. Hip.
2. Thigh (femur).
3. Knee.
4. Lower Leg: Made up of two (2) bones
5. Ankle.
6. Foot.

H. Skeletal/muscle system. **P. O. 8.1.4.2C**

1. Provides body movement.
2. Ligaments – attach bone to bone.
3. Tendons – attach muscle to bone.
4. Muscles – pull to create movement.

### **III. CONCLUSION**

- A. Review of performance objectives.
- B. Final questions and answers.
- C. Instructor closing comment(s).