

Arizona Peace Officer Standards and Training

Basic Curriculum Lesson Plan

LESSON TITLE: FIRST AID - HUMAN ANATOMY 8.1

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">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">A. Head.B. Neck.C. Trunk.D. Upper extremities.E. Lower extremities.8.1.4.2 Identify the following major body system:<ul style="list-style-type: none">A. Skeletal/Muscle System

DATE FIRST PREPARED:	January 1998	
PREPARED BY:	Pam Peterson	
REVIEWED – REVISED :	David Kleinman	DATE: December 1998
REVIEWED – REVISED :	AZ POST (Word)	DATE: June 2003
REVIEWED – REVISED :	SME Committee	DATE: October 2003
REVIEWED – REVISED :	Officer Tim Taylor, SME Chairman	DATE: February 2004
REVIEWED – REVISED :	AZ POST (RW)	DATE: January 2006
REVIEWED – REVISED :	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: August 2023

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).