

# **Co-Curricular Course**

**Course Code: Z020201**

**Course Title: First Aid and First Aid and Health**

**Programme/Class: Certificate Year: First**

**Semester: Second**

## **Course outcomes:**

- Learn the skill needed to assess the ill or injured person.
- Learn the skills to provide CPR to infants, children and adults.
- Learn the skills to handle emergency child birth
- Learn the Basic sex education help young people navigate thorny questions responsibly and with confidence.
- Learn the Basic sex education help youth to understand Sex is normal. It's a deep, powerful instinct at the core of our survival as a species. Sexual desire is a healthy drive.
- Help to understand natural changes of adolescence
- Learn the skill to identify Mental Health status and Psychological First Aid.

In charge

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