



# First Aid for Martial Arts Instructors (VTQ)

## QUALIFICATION SPECIFICATION

QUALIFICATION NUMBER: PRO/432/MAFAI

*This Qualification is Endorsed by an Awarding Organisation Regulated by Ofqual*



## Endorsed, CPD Certified and ISO Standards

*All ProTrainings classroom and online qualifications are endorsed through an Awarding Organisation Regulated by Ofqual, through the Skills for Care Scheme with the highest level of recognition and are approved through the CPD Standards services for CPD certification.*

*ProTrainings: Additional quality at an affordable price.*



This is the highest standard of recognised endorsement and only organisations who have a proven history of continued success in making a difference in the training industry can be awarded the Centre of Excellence endorsement. ProTrainings proudly announce that we have received this endorsement for continuous professional training delivery.

As a recognised Skills for Care provider who is already endorsed for delivering training through digital e-learning, classroom and blended formats, this enhanced Centre of Excellence endorsement will take our credibility and quality of training to an advanced state of recognition. But what does this new Centre of Excellence endorsement mean?

The Centre of Excellence status means that we have been able to consistently demonstrate exemplary commitment to meeting the needs of learners in the adult social care sector. This meant we needed to comply with the social model of care and be able to measure the impact of provision on the lives of people who use these services.

We embarked on this provision to prove how consistent ProTrainings services are, to test whether we are meeting a high standard, to evolve, adapt and improve our provision and to place ourselves amongst a small selection of companies who are a Skills for Care Centre of Excellence.

Gaining this accolade has resulted in receiving a designation as a 'Centre of Excellence in Adult Social Care and Learning and Development' and we do not plan on stopping our standards here. We will continue to offer the finest services so that lives are rewarded through the training and services we provide.

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## Introduction

Welcome to **ProTrainings Europe Limited**.

ProTrainings EU is a certifying organisation recognised for providing training and qualifications in England, UK and across the globe.

ProTrainings EU offer qualifications designed in-house and qualifications which are regulated by Ofqual through TQUK and FutureQuals. Our qualifications are carefully designed to meet industry standards and regulatory requirements giving every learner or user confidence that training meets HSE, Ofqual, UK & EU Resuscitation Council, Skills for Health, Ofsted and Skills for Care training standards.

Our unique approach to training delivery is designed to accommodate learning styles in all their forms, including online, classroom and blended formats. Our variety of delivery methods have been a preferred choice for many learners who require training through general interest and as part of their profession. Our training has been comprehensively designed to meet standards that fall within the boundaries of qualifications overseen by awarding organisations.

ProTrainings high standards include a robust training approach that meets strict specifications, quality assurance requirements and qualification standards. As a result of implementing a comprehensive quality assurance process, ProTrainings online and classroom courses have been CPD certified, endorsed through The Skills for Care Scheme (ProTrainings being the first organisation gaining approval for classroom and online training in the United Kingdom) and we have surpassed an external audit by being approved for ISO45001 : 2018 and ISO9001 : 2015 for maintaining high organisational standards.

Our qualifications are designed to support and encourage learners to develop their knowledge and skills. This development may result in progression into employment or career development in the workplace. Our qualifications also allow learners to progress onto further qualifications.

For more information please visit [www.ProTrainings.uk](http://www.ProTrainings.uk) for news, updates and information on a variety of qualifications spanning into the Health & Safety industry, First Aid world, Pet First Aid environment and Health & Social Care sector.

## Qualifications Specifications

ProTrainings EU offer policies and guidelines for centres, organisations and individuals through this specification. Information in this specification will include the course curriculum, learning outcomes, units and general guidelines on how the course is delivered.

We aim to support our centres by providing guidance in this specification for a better understanding on how our courses are delivered and processed.

Our specifications document can be accessed on our website at [www.ProTrainings.uk](http://www.ProTrainings.uk) along with other specifications for respective qualifications listed under each sub-heading.

For more information please use our online chat service or contact our office on 01206 805 359. Alternatively, please email our support department at [support@protrainings.uk](mailto:support@protrainings.uk) or compliance department at [compliance@protrainings.uk](mailto:compliance@protrainings.uk).

## Introduction to First Aid for Martial Arts Instructors (VTQ)

This course is specially designed to cater for the injuries that could occur with martial arts training and classes and includes paediatric first aid and AED use as well as many other additional subjects for Martial Arts Instructors. Covered in the courses are different subjects that would apply to any martial arts sector for instructors. We also offer a standard course for Martial Arts students.

Martial Arts by its nature presents a risk. When carried out correctly, the injury does not usually happen, but in the case where it does, the responsible precaution is for everyone to have a basic understanding of what to do. This course covers injuries, including contact injuries, cardiac arrest, as well as illnesses like an allergic reaction. First aid is an easy skill to learn, and the training is delivered in a series of short videos with knowledge review questions to increase understanding. All the videos are filmed in a martial art setting and based on real problems that you may face.

This online course offers a flexible training delivery, but if you want a practical part, we have a network of approved instructors who can deliver a skill session after you complete the online course. If you want a class course in your club, please contact us.

The content of this and all our courses has been independently certified as conforming to universally accepted Continuous Professional Development (CPD) guidelines and come with a Certified CPD Statement as well as a ProTrainings Certificate and for online courses an Evidence Based Learning statement.

### Qualification Delivery

**Guided Learning Hours (GLH):** These hours are made up of real-time contact time, guidance or supervision of a learner by an instructor, supervisor, tutor or trainer.

GLH for this qualification is 7

**Total Qualification Time (TQT):** This is an estimate of the total length of time it is expected that a learner will typically take to achieve and demonstrate the level of attainment necessary for the award of the qualification i.e. to achieve all learning outcomes.

TQT for this qualification is 9

Our First Aid for Martial Arts Instructors (VTQ) course is taught over 1 day and will include practical and theoretical assessments.

### Entry Requirements

There are no specific entry requirements however, learners should have a minimum of Level 2 in literacy, numeracy or equivalent.

The qualification is suitable for learners aged 14 years and above.

**Progression** - Successful learners can progress to other qualifications such as:

- BTEC Level 4 Certificate for First Person on Scene (RQF) – FPOS
- FAQ Level 3 Certificate for First Responders on Scene FROS® - FROS

## Requirements to teach the First Aid for Martial Arts Instructors (VTQ)

Approval to deliver this course is sanctioned by ProTrainings Europe Limited only.

Instructors must hold the relevant qualifications, experience and occupational competence to qualify for approval. A detailed portfolio providing descriptive dates, CPD log and meeting/passing IQA reviews is required for approval.

Supporting evidence which clearly outlines where instructors qualify to teach this course must be emailed to our compliance manager at [compliance@protrainings.uk](mailto:compliance@protrainings.uk).

### Certification

This qualification is overseen by our compliance department and all courses undergo a robust internal quality assurance review prior to certification.

A desktop-review and site visit will form part of our evaluation.

Paperwork should be marked and assessed by the approved instructor/centre and uploaded to our online management suite following successful completion of the course. Courses should be passed within 5 working days after the course has been taught.

### Learner Access

ProTrainings offer highly sophisticated and supportive services to successful learners who complete online, classroom and blended training. Our online system offers the learner a uniquely designed portal where there is access to a free student manual, CPD credit statement, evidence-based learning document, optional weekly refresher videos and an area for downloadable content with a cohort of supporting evidence relevant to the qualification the learner completes.

ProTrainings after service adds clarity to teaching, promotes continuous learning and encourages learners to revisit and revise subjects they have been taught.

**Complaints - Scope of Complaints Procedure:** The procedure deals with complaints arising from:

- Delivery (or lack of delivery) of services for education and training including teaching, course content, tutoring, assessment, feedback on progress and learner support during learning programmes
- Incorrect or misleading information about services provided by the Centre
- Delivery (or lack of delivery) of support services provided by the Centre including administration of fees, enrolment processes, Centre accommodation, health and safety and learner resource services
- Unacceptable actions or behaviour by Centre staff and/or other learners in the Centre

### How to complain

Complaints should initially be made in writing to the Head of Centre or to your designated tutor. This can be completed using your student login for [www.ProTrainings.uk](http://www.ProTrainings.uk)

Support can be made available for all those involved in a complaint including:

- Representation: parent, guardian, friend or supporter
- Help with completing the written complaint
- Induction will provide further details regarding this process.



# First Aid for Martial Arts Instructors (VTQ)

PRO/432/MAFAI

## Course Summary

- Scene/Incident Management
- Keeping safe
- Pre-existing medical conditions
- General fitness
- Recovery Position
- Heart Attack
- CPR
- Compression only CPR
- Choking
- Bleeding
- Shock and Fainting
- Head Injuries
- Sprains and Strains
- Dislocations and Fractures
- Eye injuries
- Dental Injuries
- Asthma
- Managing Pre-Existing Conditions
- Post Incident Reporting
- Paediatric CPR
- Paediatric Choking
- AED Use



# Learning Outcomes – PRO/432/MAFAI

These learning outcomes are mapped to meet a First Aid for Martial Arts Instructors (VTQ) criterion. Each learning outcome presents a knowledge, skill or assessment to help students understand the curriculum in finer detail.

<b>Learning Outcomes (LO)</b> The learner will:	<b>LO</b>
<b>UNIT – 1 / Day One</b>	
<b>Understand the role and responsibilities of a first aider</b>	<b>LO1</b>
Identify the role and responsibilities of a first aider	1.1
Identify how to minimise the risk of infection to self and others	1.2
Identify the need for consent to provide first aid	1.3
Assess risks that could cause injuries and illnesses	1.4
Demonstrate how to follow incident reporting procedures	1.5
Outline the required first aid equipment	1.6
<b>Be able to assess an incident</b>	<b>LO2</b>
Conduct a scene survey	2.1
Conduct a primary survey of a casualty	2.2
Identify common injuries incurred through sporting activity	2.3
Differentiate between major and minor injuries	2.4
Explain when and how to refer injuries to medical personnel	2.5
Summon appropriate assistance when necessary	2.6
<b>Be able to provide first aid</b>	<b>LO3</b>
Identify when to administer Cardio Pulmonary Resuscitation (CPR)	3.1
Demonstrate CPR Using a Manikin (including the use of an AED) – Adult, Child & Infant	3.2
Justify when to place a casualty into the recovery position – Adult, Child & Infant	3.3
Demonstrate how to place a casualty into the recovery position – Adult, Child & Infant	3.4
Identify how to administer first aid to a casualty who is experiencing a seizure	3.5
Identify how to administer first aid to children	3.6
Demonstrate understanding of the heart, signs and symptoms of a heart attack, treatment of a heart attack and use of an AED	3.7



<b>Be able to provide first aid to a casualty who is choking – Adult, Child &amp; Infant</b>	<b>LO4</b>
Identify when choking is: • Mild • Severe	4.1
Demonstrate how to administer first aid to a casualty who is choking	4.2
<b>Be able to provide first aid to a casualty with external bleeding</b>	<b>LO5</b>
Identify the severity of external bleeding	5.1
Demonstrate control of external bleeding	5.2
<b>Know how to provide first aid to a casualty who is in shock / Anaphylactic shock</b>	<b>LO6</b>
Recognise a casualty who is suffering from shock (Hypovolaemic)	6.1
Identify how to administer first aid to a casualty who is suffering from shock	6.2
<b>Know how to provide first aid to a casualty with injuries</b>	<b>LO7</b>
Identify how to administer first aid to a casualty with: • Small cuts • Grazes • Bruises • Small splinters • Eye Injuries • Spinal Injury	7.1
Identify how to administer first aid to a casualty with minor burns and scalds	7.2
<b>Know how to provide first aid to a casualty with injuries</b>	<b>LO8</b>
Identify how to administer first aid to a casualty with: • Small cuts • Grazes • Bruises • Small splinters • Eye Injuries • Spinal Injury	8.1
Identify how to administer first aid to a casualty with minor burns and scalds	8.2
<b>Know how to provide care and support to a casualty who has diabetes, asthma and has experienced an epileptic seizure</b>	<b>LO9</b>
Identify how to support a casualty who has a diabetic reaction, an asthma attack and an epileptic seizure	9.1
<b>Be able to deal with a casualty who has a dislocation, fracture, sprains and strains</b>	<b>LO10</b>
Understand the process of how a fracture or dislocation can occur	10.1
Demonstrate how to bandage and support a dislocation and fracture	10.2
Identify what a sprain and strain is	10.3
Understand what R.I.C.E stands for and how it is applied	10.4
<b>Know how to provide care to a casualty with head and eye injuries</b>	<b>LO11</b>
Understand how to treat a casualty with a head injury	11.1
Know how to treat a casualty with an eye injury	11.2
Understand how to treat a casualty with a dental injury	11.3
<b>Understand how to care for a patient who has Asthma or is Diabetic</b>	<b>LO12</b>
Recognise how to identify the signs and symptoms of asthma and diabetes	12.1
<b>Be able to deal with a casualty who has fainted</b>	<b>LO13</b>
Know how to care for the casualty who has fainted	13.1

## Useful Websites

### **ProTrainings Europe Limited**

[www.ProTrainings.uk](http://www.ProTrainings.uk)

### **Health and Safety Executive**

[www.hse.gov.uk](http://www.hse.gov.uk)

### **The Resuscitation Council (UK)**

[www.resus.org.uk](http://www.resus.org.uk)

### **Skills for Health**

[www.skillsforhealth.org.uk](http://www.skillsforhealth.org.uk)

### **Office of Qualifications and Examinations Regulation**

[www.ofqual.gov.uk](http://www.ofqual.gov.uk)

### **Ofsted**

[www.gov.uk/ofsted](http://www.gov.uk/ofsted)

### **Skills for Care**

[www.skillsforcare.org.uk](http://www.skillsforcare.org.uk)

### **The CPD Standards Office**

[www.cpdstandards.com](http://www.cpdstandards.com)

### **QMS International**

[www.qmsuk.com](http://www.qmsuk.com)

### **FOFATO**

[www.fofato.co.uk](http://www.fofato.co.uk)

### **NASDU**

[www.nasdu.co.uk](http://www.nasdu.co.uk)

### **TQUK**

[www.tquk.org](http://www.tquk.org)



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