



Anatomy and Physiology

⇒ Course 01: Human Anatomy and Physiology

- Human Body Vocabulary with Pictures
- Equipment, Instruments and Lab Tests
- Acronyms and Abbreviation
- Digestive System
- Cardiovascular System
- Blood and Immunity System
- Respiratory System
- Musculoskeletal System
- Central Nervous System

⇒ Course 02: Public Health

- Introduction to Public Health
- Principles of Public Health
- Understanding Epidemiology
- Disease Control
- Understanding Measures of Disease Frequency
- Maternity and Childbirth
- Environment and Public Health
- Health System and Policy
- Public Health and Ethics

⇒ Course 03: Health Awareness and Social Care Training

- Introduction to Health and Social Care
- Communication and its Relevance
- Rights and Responsibilities as a Health and Social Care Worker
- Role as A Caregiver and Healthcare Professional
- Working in Health and Social Care; Promoting Equality, Diversity and Rights
- Important Principles and Policies in Health and Social Care Work
- Understanding Legal, Professional Standards of Practice and Ethical Aspects of Health Care Part – 1
- Understanding Legal, Professional Standards of Practice and Ethical Aspects of Health Care Part – 2
- Safeguarding Vulnerable Individuals
- Health and Safety Responsibilities
- Risk Management in Health and Social Care

⇒ Course 04: Paramedicine Study

- Introduction to Paramedicine
- Roles and Responsibilities of Paramedics in the UK
- Basic Human Anatomy
- Initial Assessment
- Medication Administration
- Common Injuries
- Major Injuries
- Other Medical Emergencies
- Infection Control
- Paediatric Paramedicine
- Pain Management
- Emergency Response Planning and Management
- Paramedicine Risk Management
- CPR and AED Administration
- Ambulance Administration
- Law and Legislations for Paramedics
- Paramedic Procedures in Response to Covid-19

⇒ Course 05: Wound Care Level 2

- The Wound Healing Process & Factors Delaying Wound Healing
- Types of Wounds and Their Treatment
- Dressing
- Wound Assessment
- Glossary

⇒ Course 06: Dermatology

- Basics of Dermatology
- Skin Anatomy
- Skin Nutrients
- Diagnosis of Skin Disease
- Skin Infections
- Atopic Eczema
- Care of Different Skin Types
- Different Ethnicities Skin Care
- Reducing Ageing Effects
- Acne and Its Remedies
- Seasonal Skin Care
- Effect of the Sunburn and Its' Remedies

⇒ Course 07: Biomedical Science

- Introduction to Biomedical Science
- Genetics and Biochemistry
- Microbiology and Cell Biology
- Biochemical Engineering and Enzyme Discovery
- Toxicology, Pharmaceuticals and Fine Chemicals
- Systems and Synthetic Biology
- Global Health Challenges

⇒ Course 08: Genetics

- Fundamental Concepts of Genetics
- Genetics and Genomics
- Genetic Disorders
- Genetic Counselling
- Application of Genetics Knowledge

⇒ Course 09: Diet and Nutrition Complete Food Composition Diploma

- Introduction
- Calorie Balance
- Food Composition
- Macronutrients
- Nutrient Timing
- Supplements
- Healthy Eating Fundamentals
- Health Myths, Diet Fads & More
- Common Diet Trends Explained
- Micronutrients (Vitamins & Minerals)

⇒ Course 10: Immunity Boosting Food

- Introduction to Boosting Your Immune System
- Nutrition for Your Immune System
- Disease Fighting Foods
- Pre & Pro-Biotics - Crucial to Your Health
- Top 10 Immunity Boosting Foods
- Final Thoughts & Tips

⇒ Course 11: Coronavirus (COVID-19) Awareness

- Introduction to COVID-19
- Understanding of Covid-19 as a Pandemic and How It Is Related to Zoonotic Diseases Like SARS and MERS
- The Strike of Pandemic Around the World and Great Britain
- Effects of Covid-19 on Human Life
- Diagnosis and Treatment
- Preventions and Social Measures to Be Taken
- Artificial Intelligence, Data Science and Technological Solutions against Covid-19

⇒ Course 12: Infection Prevention Training

- Infection Prevention and Control Policy in the UK
- Principles of Prevention and Control of Infection
- Immunization
- Infections Spread by Food and Water
- Infections Spread by Animals and Insects, and Less Common Infections Found in the UK
- Infections & Diseases Spread by Person-to-Person Contact
- Infections Spread by Sexual Contact
- Infections Spread by Blood and Body Fluids

⇒ Course 13: Personal Hygiene

- Introduction to Personal Hygiene and a Brief History
- Looking Clean, Smelling Clean
- Improving and Maintaining Oral Health
- Care of the Eyes
- Ear Care Secrets
- Foot & Nail Care in Personal Hygiene
- Hair Care Hygienic Ways
- Hygienic Approach to Skin Care
- Maintain Good Toilet Hygiene
- Potential Hygiene Guidelines
- Personal Hygiene During Coronavirus Pandemic

⇒ Course 14: First Aid Trainer Course

- Introduction to First Aid Training
- Classifications and Abbreviations
- Primary Survey
- Secondary Survey
- Incidents
- Management
- Basic First-Aid Techniques
- Dealing with Minor Injuries
- Dealing with Major Injuries
- Dealing With Fractures and Dislocations
- Call for an Emergency
- Sports First Aid
- First Aid at Work Place
- First Aid for School
- First Aid for Mental Health
- First Aid Trainer as a Career



Thank You