

	Date dd/mm/yy	Time	Duration (hours)	Title of Activity	Presenter/Credentialed
Week 1	16/11/2021	18:00	1	Welcome	Laura Applinton, Neil Lothia & Barbara Pavlou, Training Course Officers
	16/11/2021	19:00	1	Careers in Expedition Medicine	Dr Lizlie Thorne (@theadventurodoctor)
Week 2	23/11/2021	18:00	1	Extreme Exercise Physiology	Professor Stephen Harridge
	23/11/2021	19:00	0.5	Compartment Syndrome	Professor Stephen Harridge
	23/11/2021	19:30	0.5	Training for Wilderness Adventures	Laura Applinton, Neil Lothia & Barbara Pavlou, Training Course Officers
Week 3	30/11/2021	18:00	1	Physics and physiology of depth	Dr James Clark
	30/11/2021	19:00	1	Dive Medicine and Disorders	Dr James Clark
	30/11/2021	20:00	0.5	Dive medicine case scenarios	Dr James Clark & Neil Lothia
	04/12/2021 - SATURDAY	10:00	1	Pre-hospital patient assessment	Dr Michael Conroy FAWM, Laura Applenton & Neil Lothia
	04/12/2021 - SATURDAY	11:00	1	Emergency Airways	Dr Michael Conroy FAWM, Laura Applenton & Neil Lothia
	04/12/2021 - SATURDAY	12:00	0.5	Management of thoracoabdominal injuries	Dr Michael Conroy FAWM, Laura Applenton & Neil Lothia
	04/12/2021 - SATURDAY	12:30	0.5	Management of head injuries	Dr Michael Conroy FAWM, Laura Applenton & Neil Lothia
Week 4	04/12/2021 - SATURDAY	14:00	1	Clothing selection for wilderness survival	Laura Applinton, Neil Lothia & Barbara Pavlou, Training Course Officers
	04/12/2021 - SATURDAY	15:00	1	Solar injuries and Protection	Laura Applinton, Neil Lothia & Barbara Pavlou, Training Course Officers
	07/12/2021	18:00	1	Backpacking skills	Laura Applinton, Neil Lothia & Barbara Pavlou, Training Course Officers
	07/12/2021	19:00	1	Leave no trace camping	Laura Applinton, Neil Lothia & Barbara Pavlou, Training Course Officers
Christmas & Exam Break					
Week 5	15/01/2022	18:00	1	Physiological effects of G-forces on the human body and how to mitigate against this	Dr Ross Pollack
	15/01/2022	19:00	1	Medical considerations for air travel	Dr Ross Pollack
	20/01/2022 - SATURDAY	10:00	1	Overview of medical emergencies in the wilderness	Laura Applinton, Neil Lothia & Barbara Pavlou (TC Officers), Jack Galworthy, James Carr, John Urquidí & Will Calton (TC advisors)
	20/01/2022 - SATURDAY	11:00	0.5	General Wound Management in the Wilderness	Laura Applinton, Neil Lothia & Barbara Pavlou (TC Officers), Jack Galworthy, James Carr, John Urquidí & Will Calton (TC advisors)
	20/01/2022 - SATURDAY	11:30	1	Improvised Medical Techniques	Laura Applinton, Neil Lothia & Barbara Pavlou (TC Officers), Jack Galworthy, James Carr, John Urquidí & Will Calton (TC advisors)
	20/01/2022 - SATURDAY	14:00	1	Lifting and Moving Injured Persons	Laura Applinton, Neil Lothia & Barbara Pavlou (TC Officers), Jack Galworthy, James Carr, John Urquidí & Will Calton (TC advisors)
	20/01/2022 - SATURDAY	15:00	2	Improvised Splints, Lifts and Carries	Laura Applinton, Neil Lothia & Barbara Pavlou (TC Officers), Jack Galworthy, James Carr, John Urquidí & Will Calton (TC advisors)
	20/01/2022 - SATURDAY	17:00	2	Wilderness Survival	Jack Galworthy and Neil Lothia
Week 6	01/02/2022	18:00	1	Physics and Physiology of Altitude	Wing Commander Dr Peter Hodgkinson
	01/02/2022	19:00	1.5	High-Altitude Disorders and Overview of HAPE & HACE	Wing Commander Dr Peter Hodgkinson
Week 7	08/02/2022	18:00	1	Medical Challenges on the Moon, Mars and Beyond	Dr Shweta Pandya - Zoom
Week 8	15/02/2022	18:00	1.5	Cold Injuries/Recognition & Management of Hypothermia	Dr Monika Puskeppelait - Zoom
Week 10	22/02/2022	18:00	1	Overview of Search and Rescue	Dr Benjamin Abo FAWM - Zoom
	22/02/2022	19:00	1	Wilderness Toxicology	Dr Benjamin Abo FAWM - Zoom
	26/02/2022 - SATURDAY	09:30	1	Military Medicine	Major Natalie Taylor
	26/02/2022 - SATURDAY	10:30	0.5	ICE MANIDONS expedition	Major Natalie Taylor
	26/02/2022 - SATURDAY	12:00	1	Blunt Injuries and Haemorrhage Control	Surgeon-Commander Sam Hutchings
	26/02/2022 - SATURDAY	14:00	2	Mass Casualty Situations Simulation/Moulage	Surgeon-Commander Sam Hutchings
	26/02/2022 - SATURDAY	16:00	1	Haemorrhage Control Techniques	Surgeon-Commander Sam Hutchings
Week 11	08/03/2022	18:00	1	General Wilderness Medical Kit & Evaluating Fitness	Dr Russell Heam FMBM
	08/03/2022	19:00	1	Water Purification	Dr Russell Heam FMBM
Week 12	15/03/2022	18:00		SPARS WEEK / WEEK OFF	
Week 13	22/03/2022	18:00	1	Surviving at Sea - Breaking the World Record!	Jack Galworthy
	22/03/2022	19:00	1	Health Maintenance at Sea, Seasickness, Ocean Paddling Related Injuries	Jack Galworthy
	22/03/2022	20:00	1	Medical Emergencies at Sea	Jack Galworthy
Week 14	26/03/2022 - SATURDAY	10:00	1	Planning for Group Travel	Laura Applinton, Neil Lothia & Barbara Pavlou, Training Course Officers
	26/03/2022 - SATURDAY	11:00	1	General Field Sanitation and Hygiene Measures	Laura Applinton, Neil Lothia & Barbara Pavlou, Training Course Officers
	26/03/2022 - SATURDAY	12:00	1	Survival Signalling	Neil Lothia
	26/03/2022 - SATURDAY	14:00	3	Land Navigation	Neil Lothia
	26/03/2022 - SATURDAY	17:00	1	Survival Shelters	Neil Lothia
Week 15	28/03/2022	18:00	0.75	Performing Research in Wilderness Medicine	Laura Applinton, Neil Lothia & Barbara Pavlou, Training Course Officers
Week 16	02/04/2022 - SATURDAY	00:00	1	REPLACEMENT FOR 28/03 - Improvised lifts and splints	Laura Applinton, Neil Lothia & Barbara Pavlou, Training Course Officers
	02/04/2022 - SATURDAY	10:00	1	Climbing Injuries & Management of Hand/Wrist Injuries	Jon Urquidí & Neil Lothia
	02/04/2022 - SATURDAY	11:00	1	Fractures and Dislocations	Jon Urquidí & Neil Lothia
	02/04/2022 - SATURDAY	12:00	1	All Purpose Ropes and Knots	Jack Galworthy, Jon Urquidí & Neil Lothia
	02/04/2022 - SATURDAY	13:00	0.5	Wrap Up Session	Laura Applinton, Neil Lothia & Barbara Pavlou, Training Course Officers
	02/04/2022 - SATURDAY	14:30	1	Possible Youswell climbing trip/social?	All
Easter Break					
Optional:	23/04/2022 - SATURDAY	10:00	3	Wilderness Medicine OSCE	Laura Applinton, Neil Lothia & Barbara Pavlou, Training Course Officers