

EMT COURSE SCHEDULE

Less Stress Instructional Svcs - Cedar Grove - Feb Nights 2026

This course is a part-time commitment of around 16 skills hours plus 6-8 hours of online lessons and reading every week

Course Session	Date	Time	Day	Lecturer/Instructor	Due by this day:
Orientation In-Person Session	1/14/2026	1830-2230	Wednesday	Jaimie Navarro	Due by this session: Make sure you have your date of birth and Social Security Number to make an account with the Department of Health. Bring your original Training Fund Form if you are using that as a payment type.
Scheduled Check-In Online Meeting	1/21/2026	1830-2230	Wednesday	Jaimie Navarro	Due by this session: - Online session 1.01 – EMS Systems – 2.5 hours - Online session 1.02 – Research – 0.75 hours - Online session 1.03 – Therapeutic Comms – 1.5 hrs - Online session 1.04 – EMS Sys Comms – 0.75 hrs - Online session 1.05 – Med/Ethical/Legal – 3 hrs - Online session 1.06 – Documentation – 1.5 hrs - Online session 1.07 – Medical Term – 1.0 hr - Online session 1.08 – Anatomy & Phys – 2.0 hrs
1st Quarter					
1.14 – Preparatory Skills 1.15 – Lifting Moving lab 1.16 – MOD 1 Exam In-Person Session	1/31/2026	8:00:00 AM - 12:00:00 PM	Saturday	Jaimie Navarro	Due by this session: - Online session 1.09 – Workforce Well-Being – 1.5 hr - Online session 1.10 – Life Span Development – 1 hr - Online session 1.11 – Pathophysiology – 2.0 hrs - Online session 1.12 – Public Health – 0.75 hrs - Online session 1.13 – Pharmacology / Medications Administration – 1.25 hrs - Complete MOD 1 Pretest with 80% or better score - Online session 2.01 – Airway – 3 hrs
2.02 – Airway Skills Lab I In-Person Session	1/31/2026	12:30:00 PM - 4:30 PM	Saturday	Jaimie Navarro	Due by this session: - Online session 3.01 – Scene Size-up – 1.0 hour - Online session 3.02 – Initial Assess – 1.0 hr - Online session 3.03 – History Taking – 0.75 hrs
2.03 – Airway Skills Lab II In-Person Session	2/3/2026	6:30:00 PM- 10:30:00 PM	Tuesday	Jaimie Navarro	Due by this session: - Online session 3.04 – Secondary Assess – 1 hr - Online session 3.06 – Monitor Devices – 0.5 hr
2.04 – Airway Scenario Lab In-Person Session	2/5/2026	6:30:00 PM - 10:30:00 PM	Thursday	Jaimie Navarro	Due by this session: - Online session 3.07 – Reassessment – 0.25 hrs - Online session 3.08 – Put it all together 0.5 hr - Online session 3.09 – Vital Signs Didactic 1 hr
2.05 – MOD 2/Q1 Exam In-Person Session	2/7/2026	8:00:00 AM - 12:00:00 PM	Saturday	1st Quarter Exam – Cognitive and Psychomotor Jaimie Navarro	Due by this session: - Online session 4.01 – Medical Overviews – 0.75 hr - Online session 4.02 – Psych Emerg – 1.25 hours - Complete MOD 2 Pretest with 80% or better score

2nd Quarter					
3.05 – PT Assess Lab I In-Person Session	2/7/2026	12:30:00 PM - 4:30:00 PM	Saturday	Jaimie Navarro	Due by this session: - Online session 4.01 – Medical Overviews – 0.75 hour - Online session 4.02 – Psychiatric Emergencies – 1.25 hrs - Online session 4.03 – Gastrointestinal – 0.75 hours
3.10 – Secondary Assess Lab In-Person Session	2/10/2026	6:30:00 PM - 10:30:00 PM	Tuesday	Jaimie Navarro	Due by this session: - Online session 4.04 – Immunology – 1.25 hours - Online session 4.05 – Endocrine – 1.0 hour
3.11 - PT Assess Lab II In-Person Session	2/12/2026	6:30:00 PM - 10:30:00 PM	Thursday	Jaimie Navarro	Due by this session: - Online session 4.07 – Respiratory Emergencies – 2.0 hrs - Online session 4.08 – Neurologic Emergencies – 1.5 hrs - Online session 4.09 – Toxicology – 1.75 hours
3.12 - PT Assess Lab III In-Person Session	2/14/2026	8:00:00 AM - 12:00:00 PM	Saturday	Jaimie Navarro	Due by this session: - Online session 4.10 – Cardiology – 2.0 hours - Online session 4.11 – Medication Protocols – 1.0 hour
3.13 – Assessment Testing In-Person Session	2/14/2026	12:30:00 PM - 4:30:00 PM	Saturday	Jaimie Navarro	Due by this session: - Online session 4.13 – Non-Traum Ortho/ENT – 1.00 hr - Online session 4.14 – Genitourinary – 0.25 hours - Online session 4.15 – Gynecological – 0.25 hours - Online session 4.16 – Hematological – 0.5 hours - Online session 4.17 – Infectious Disease – 0.75 hours - Complete MOD 3 Pretest with 80% or better score
4.06 – Medical Lab I In-Person Session	2/17/2026	6:30:00 PM - 10:30:00 PM	Tuesday	Jaimie Navarro	Due by this session: - Online session 5.01 – Resuscitation and Shock – 3.00 hrs
4.12 – Medical Lab II In-Person Session	2/19/2026	6:30:00 PM - 10:30:00 PM	Thursday	Jaimie Navarro	Due by this session: - Online session 6.01 – Trauma Overviews – 1.5 hours - Online session 6.02 – Bleeding – 1.25 hour
4.18 – Medical Patients III In-Person Session	2/21/2026	8:00:00 AM - 12:00:00 PM	Saturday	Jaimie Navarro	Due by this session: - Online session 6.03 – Chest Trauma – 1.5 hours - Online session 6.04 – Abdominal & Genito – 2.0 hrs
4.19 – Medical Scenario Lab In-Person Session	2/21/2026	12:30:00 PM - 4:30:00 PM	Saturday	Jaimie Navarro	Due by this session: - Online session 6.05 – Musculo-Skeletal Injuries – 2.0 hrs
4.20 – 2 nd Quarter Testing In-Person Session	2/24/2026	6:30:00 PM - 10:30:00 PM	Tuesday	2nd Quarter Exam – Cognitive and Psychomotor Jaimie Navarro	Due by this session: - Online session 6.06 – Head and Spine Injuries – 2.25 hrs - Online session 6.07 – Neurological – 0.25 hours - Complete MOD 4 Pretest with 80% or better score
3rd Quarter					
5.02 – Resuscitation Skills In-Person Session	2/26/2026	6:30:00 PM - 10:30:00 PM	Thursday	Jaimie Navarro	Due by this session: - Online session 6.09 – Soft Tissue Injuries – 2.0 hours - Online session 6.10 – Special Considerations – 1.0 hour

5.03 – Resus & Shock Scenario Lab In-Person Session	2/28/2026	8:00:00 AM - 12:00:00 PM	Saturday	Jaimie Navarro	Due by this session: - Online session 6.11 – Environ Emergencies – 2.0 hours - Online session 6.12 – Multi-System Trauma – 0.75 hours
5.04 – Resus & Shock Testing In-Person Session	2/28/2026	12:30:00 PM - 4:30:00 PM	Saturday	Jaimie Navarro	Due by this session: - Online session 7.01 – Obstetrics – 2.0 hours - Online session 7.02 – Neonatal – 0.75 hours - Complete MOD 5 Pretest with 80% or better score
6.08 – Trauma Skills I In-Person Session	3/3/2026	6:30:00 PM - 10:30:00 PM	Tuesday	Jaimie Navarro	Due by this session: - Online session 7.04 – Pediatrics – 3.0 hour
6.13 – Trauma Skills II In-Person Session	3/5/2026	6:30:00 PM - 10:30:00 PM	Thursday	Jaimie Navarro	Due by this session: - Online session 7.03 – Patients w Special Needs – 1.0 hrs - Online session 7.04 – Pediatrics – 3.0 hour - Online session 7.05 – Geriatrics – 2.0 hours
6.14 – Trauma Scenario Lab In-Person Session	3/7/2026	8:00:00 AM - 12:00:00 PM	Saturday	Jaimie Navarro	Due by this session: - Online session 8.01 – Ground Safety/Amb Ops – 1.5 hrs - Online session 8.02 – Air Medical – 0.25 hours - Online session 8.03 – MCI due to Terrorism – 0.75 hours
6.15 – Trauma Testing In-Person Session	3/7/2026	12:30:00 PM - 4:30:00 PM	Saturday	3rd Quarter Exam – Cognitive and Psychomotor Jaimie Navarro	Due by this session: - Online session 8.04 – Vehicle Extrication – 1.0 hour - Online session 8.05 – Multiple Casualty Inc – 1.0 hrs - Complete MOD 6 Pretest with 80% or better score
4th Quarter					
7.06 – Spec Population Skills 7.07 – Spec Population Test In-Person Session	3/10/2026	6:30:00 PM - 10:30:00 PM	Tuesday	Jaimie Navarro	Due by this session: - Online session 8.06 – HazMat Awareness – 2.00 hour - Online session 8.07 – ICS 100– 2.00 hours - Complete MOD 7 Pretest with 80% or better score
8.10 – Operations Skills In-Person Session	3/12/2026	6:30:00 PM - 10:30:00 PM	Thursday	Jaimie Navarro	Due by this session: - Online session 8.08 – NIMS – 2.00 hours - Online session 8.09 – Developmental Dis – 0.5 hrs
8.11 – Operations Test 9.01 – Final Practice Day In-Person Session	3/14/2026	8:00:00 AM - 12:00:00 PM	Saturday	Jaimie Navarro	Complete MOD 8 Pretest with 80% or better score
9.02a – Final Testing I In-Person Session	3/14/2026	12:30:00 PM - 4:30:00 PM	Saturday	Jaimie Navarro	Due by this session: - None
9.02b – Final Testing II In-Person Session	3/17/2026	6:30:00 PM - 10:30:00 PM	Tuesday	Final - 4th Quarter Exam – Cognitive and Psychomotor Jaimie Navarro	Complete MOD 9 Pretest with 80% or better score