A course in CPR (cardio-pulmonary resuscitation), AED (Automated External Defibrillator) and basic first aid. Emphasizes injury prevention, early medical care, first aid for common injuries and life saving skills. Successful completion qualifies a student for the American Red Cross Standard First Aid Card, and CPR Certification.
1. Identify the need for emergency care and how to activate the EMS.

2. Apply your understanding of the physiological differences of an adult, child, and infant to provide the most effective course of first aid treatment.

3. Successfully perform rescue breathing for adult, child and infant.

4. Demonstrate the Heimlich maneuver on a conscious and an unconscious adult, child and infant victim.

5. Modify his or her CPR skills according to the victim's ages (adult, child, and or infant) and when to use an AED.

6. Distinguish the type of bleeding and formulate the correct plan of action to control severe bleeding and apply a pressure bandage.

7. Assess the difference between normal behavior or consciousness and that which can occur as a result of intoxication from alcohol and drugs or from injury such as head injuries, stroke, diabetic complications, etc.

COURSE OBJECTIVES:
1. Identify the need for emergency care and how to activate the EMS.
2. Apply your understanding of the physiological differences of an adult, child, and infant to provide the most effective course of first aid treatment.
3. Successfully perform rescue breathing for adult, child and infant.
4. Demonstrate the Heimlich maneuver on a conscious and an unconscious adult, child and infant victim.
5. Modify your CPR skills according to the victim's ages (adult, child, and or infant) and when to use an AED.
6. Distinguish the type of bleeding and formulate the correct plan of action to control severe bleeding and apply a pressure bandage.
7. Assess the difference between normal behavior or consciousness and that which can occur as a result of intoxication from alcohol and drugs or from injury such as head injuries, stroke, diabetic complications, etc.

COURSE CONTENT:

LECTURE CONTENT:
A. Introduction and statement of course objectives

B. If not you...who?
   1. The sociological impact of having more people within our society trained in lifesaving techniques and skills like CPR and First Aid and the positive effect this has on our local, state, and worldwide communities.

C. The physiology of the human body and how the body's systems interact with one another in a normal way and when injury has occurred.

D. The links of survival.
   1. Recognizing an emergency exists
   2. Checking a conscious victim
   3. Checking an unconscious victim
   4. Calling for help
   5. Giving care

E. Rescue breathing and cardiopulmonary resuscitation - CPR.
   1. Anatomy and physiology of the heart and respiration
   2. Assessing unresponsiveness
3. Assessing breathlessness
   a. Adult
   b. Child
   c. Infant

4. Establishing an airway
   a. Adult
   b. Child
   c. Infant

5. Mouth to mouth resuscitation
   a. Adult
   b. Child
   c. Infant

6. Recognizing and treating an airway obstruction
   a. Conscious victim
      1. Adult
      2. Child
      3. Infant
   b. Unconscious victim
      1. Adult
      2. Child
      3. Infant

7. Heart attack
   a. Risk factors that can't be changed
   b. Risk factors that can be changed or controlled
   c. Signs and symptoms of

8. CPR techniques and skills; Adult, Child, and Infant
   a. Single person
   b. Two person
   c. Hands only

9. Using an AED
   a. Adult
   b. Child
   c. Infant

10. Prudent living
    a. Diet
    b. Exercise
    c. Stress

F. First Aid
1. Wounds (identification, prevention, and treatment)
   a. Open
   b. Closed

2. Recognizing and controlling severe bleeding
   a. Types of bleeding
      1. Capillary
      2. Venous
      3. Arterial
   b. Bleeding control
      1. Direct pressure
      2. Pressure bandage(s)
      3. Pressure points

3. Shock
a. Types of shock  
b. Life threatening condition  
c. Treatment  
d. Prevention  

4. Specific injuries and special situation  
a. Seizures  
   1. Common causes  
   2. Treatment  
b. Diabetic emergencies  
   1. Recognition  
   2. Treatment  
c. Bites and stings  
   1. Stingray  
   2. Jellyfish  
   3. Spiders  
   4. Snakes  
d. Hypothermia  
   1. Frostbite  
   2. Cold exposure  
   3. Treatment  
e. Hyperthermia  
   1. Heat cramps  
   2. Heat exhaustion  
   3. Heat stroke  
f. Poisoning  
   1. Causes  
   2. Treatment  
   3. Prevention  
g. Head, neck, back, chest, and abdomen  
   1. Identification  
   2. Treatment  

5. Burns  
a. Common causes  
b. Identification  
c. Treatment  

6. Musculoskeletal injuries (identification, treatment and splinting.)  
a. Breaks  
b. Strains  
c. Pulls  
d. Tears  

7. Bandaging, splinting, and transportation.  

METHODS OF INSTRUCTION:  

A. Lecture:  
B. Independent Study:  
C. Hybrid:  

INSTRUCTIONAL TECHNIQUES:  

Methods of instruction may include but are not limited to lectures, Power Point presentations, videos, guest speakers, small group discussions, off-campus visitation assignments, and supplemental readings.
COURSE ASSIGNMENTS:

Reading Assignments
Textbook, articles from peer review journals, and research articles.

Out-of-class Assignments
1. Fire escape plan for home
2. Critique of one newspaper article dealing with first aid/CPR
3. Two week pulse chart

Writing Assignments
Write a safety and emergency preparedness plan for your home and/or business.

METHODS OF STUDENT EVALUATION:

Midterm Exam
Final Exam
Short Quizzes
Written Assignments
Objective Examinations
Report
Projects (ind/group)
Problem Solving Exercises
Oral Presentations
Skills Demonstration

Demonstration of Critical Thinking:
Students will determine the correct course of action when faced with an unconscious victim(s), how to prioritize what treatment is necessary, who needs it, and how to efficiently navigate through the situational life threatening flow chart.

Required Writing, Problem Solving, Skills Demonstration:
- Adult, child and infant CPR and AED.
- Obstructed airway removal for a conscious and unconscious adult, child, and infant.
- Rescue breathing for an adult, child, and infant victim.
- Control of severe bleeding.
- Bandaging and splinting.
- Any other skills needed to fulfill the requirements for certifications for American Red Cross and or American Heart Association.

TEXTS, READINGS, AND RESOURCES:

TextBooks:

LIBRARY:

Adequate library resources include: Print Materials
Non-Print Materials
Online Materials
Services
Comments: