

COURSE OUTLINE

Health 102 (C-ID Number: KIN 101) Standard First Aid and CPR (C-ID Title: First Aid and CPR)

I. Catalog Statement

Health 102 covers the proper care for emergencies involving adults, children and infants. Students gain the knowledge and skills necessary in an emergency to help sustain life and minimize the consequences of injury or sudden illness until advanced medical help arrives. The course includes first aid, cardiopulmonary resuscitation (CPR), automated external defibrillator (AED), injury management, and disease transmission prevention. This course meets the requirements of the American Red Cross for certification in First Aid/ CPR/ AED school and community.

Total Lecture Units: 3.0

Total Laboratory Units: 0.0

Total Course Units: 3.0

Total Lecture Hours: 48.0

Total Laboratory Hours: 0.0

Total Laboratory Hours To Be Arranged: 0.0

Total Faculty Contact Hours: 48.0

Prerequisite: None

II. Course Entry Expectations

Prior to enrolling in the course, the student should be able to:

- recognize an emergency;
- apply basic reading and writing skills.

III. Course Exit Standards

Upon successful completion of the required coursework, the student will be able to:

- identify the emergency action principles;
- demonstrate the process to give rescue breathing for children, and infants;
- demonstrate first aid process to a conscious or unconscious adult, child, and infant choking victim;
- demonstrate cardiopulmonary resuscitation (CPR) for adults, children, and infant;
- describe the steps to control bleeding and give first aid for shock;

- discuss the role of a first responder when dealing with health emergencies;
- identify situations when and how to move a victim.

IV. Course Content

Total Faculty Contact Hours = 48.0

- A. Introduction to Standard First Aid and Safety (**3 hours**)
1. Types of emergencies
 2. Emergency medical system
 3. Disease transmission
 4. Legal consideration
- B. Assessment (**9 hours**)
1. Body system
 2. Checking conscious and unconscious victim
- C. Life-Threatening Emergencies (**15 hours**)
1. Breathing emergencies
 2. Cardiac emergencies
 3. Bleeding
 4. Shock
- D. Injuries (**12 hours**)
1. Soft tissue
 2. Musculoskeletal
 3. Extremities
 4. Head, neck and back
 5. Chest, abdominal and pelvis
- E. Medical Emergencies (**6 hours**)
1. Sudden illness
 2. Poisoning
 3. Substance abuse and misuse
 4. Heat and cold related emergencies
- F. Healthy Lifestyles (**3 hours**)
1. Nutrition
 2. Physical Activity

V. Methods of Instruction

The following methods of instruction may be used in the course:

- lecture
- demonstration;
- multi-media;
- online.

VI. Out of Class Assignments

The following out of class assignments may be used in the course:

- research project (e.g. mid-term paper on health related subject);
- volunteer work (e.g. volunteer at a health clinic and write a summary of experience);
- journaling (e.g. accident scenarios and create the team dynamics for the emergency response system).

VII. Methods of Evaluation

The following methods of evaluation may be used in the course:

- journal assessment;
- research project evaluation;
- quizzes;
- mid-term examinations;
- final examination.

VIII. Textbook(s)

American Red Cross. *Responding to Emergencies: Comprehensive First Aide/CPR/AED*.
Krames StayWell Strategic Partnerships, 2012. Print.
10th Grade Textbook Reading Level. ISBN: 978-1-58480-554-0

IX. Student Learning Outcomes

Upon successful completion of the required coursework, the student will be able to:

- demonstrate appropriate steps to prevent disease transmission;
- list the main systems of the body and identify major organs and function of each system;
- perform and demonstrate cardiopulmonary resuscitation.