I. Description of Course:

1. Department/Course: KIN - 250
2. Title: First Aid and CPR
3. Cross Reference:
4. Units: 3
   - Lec Hrs: 2
   - Lab Hrs: 3
   - Tot Hrs: 90.00
5. Repeatability: No
6. Grade Options: Letter Grade, May Petition for Pass/No Pass (GC)

7. Degree/Applicability:
   - Credit, Degree Applicable, Transferable
   - CSU (T)
8. General Education:
9. Field Trips: Not Required
10. Requisites:

12. Catalog Description:
    This course involves the theory and detailed demonstration of first aid care of an injured individual. The student will learn to assess the condition of a victim and incorporate proper treatment. Standard first aid, CPR, and AED certification(s) are optional upon successful completion of course requirements.

13. Class Schedule Description:
    This course incorporates standard first aid, CPR, AED certification level course content.

14. Counselor Information:
    This course incorporates standard first aid/CPR/AED certification level course content.

II. Student Learning Outcomes

The student will:

1. Assess victims of injury and medical emergencies and apply an appropriate emergency action plan.
2. Describe the signs and symptoms associated with common medical emergencies.
3. Demonstrate the first aid care that is needed in common medical emergencies.
4. Demonstrate cardiopulmonary resuscitation (CPR) techniques and the use of an automatic external defibrillator (AED).
5. Demonstrate bandaging and splinting techniques and emergency rescue moves.
6. Evaluate lifestyle for health and safety concerns and set personal goals for achieving a safe and healthy lifestyle.

III. Course Content:

Course content for infant, child and adult:

A. Body Systems
B. Victim Assessment
   1. Lab: Victim scenarios
C. Legal Issues
D. Emergency Action Plan
   1. Lab: Activating the Emergency Response System
   2. Lab: Evaluating the environment for safety
E. Care for Emergencies
   1. Respiratory conditions
   2. Cardiac conditions
   3. Choking/airway obstruction
      a. Lab: Practice Heimlich Maneuver
      b. Lab: Practice clearing the airway
   4. Bleeding
      a. Lab: Practice stopping the blood flow
      b. Lab: Direct and arterial pressure
      c. Lab: Bandaging multiple wounds
   5. Shock
      a. Lab: Caring for someone in shock
   6. Anaphylaxis and special circumstances
      a. Sudden Illness
      b. Poisoning
      c. Bites and Stings
      d. Heat and Cold Emergencies
         i. Lab: Recognizing and treating special circumstances
F. Automatic External Defibrillator (AED)
   1. Lab: Practice using an AED
G. Internal/Soft Tissue Injuries and Burns
   1. Lab: Treatment for burns and internal/soft tissue injuries
H. Musculoskeletal Injuries
   1. Head
   2. Spine
   3. Bone
   4. Joint/Extremities
      a. Lab: Assessing and treating musculoskeletal injuries
I. Splinting and Immobilization
   1. Lab: Practice splinting and immobilization
J. Moving Victims
   1. Lab: Practice moving injured victims
K. People with Special Needs
L. Healthy Lifestyles and Safety Measures

IV. Course Assignments:
A. Reading Assignments
   1. Selected chapters from assigned textbook per course content.
   2. Identified journal articles regarding current trends in first aid/CPR/AED methods
      and/or equipment.
B. Projects, Activities, and other Assignments
C. Writing Assignments
   1. Creation of emergency action plan for specific venue/s.

V. Methods of Evaluation:
A. Examinations and quizzes designed to assess student knowledge of body systems, the emergency action plan, and signs and symptoms and proper care for injuries and medical emergencies. (SLO 1,2)
B. Practical skills tests designed to evaluate the student's ability to perform practical skills such as bandaging, splinting and CPR/AED simulated scenarios. (SLO 1,3,4,5)
C. Written and practical certification tests. (Optional) (SLO 1,2,3,4,5)
D. Assignments to assess their lifestyle for health and safety concerns. (SLO 6)

VI. **Methods of Instruction:**
   A. Lecture
   B. Laboratory
   C. Discussion
   D. Demonstration
   E. Audiovisual

VII. **Textbooks:**
   **Recommended**
   **Supplemental**

VIII. **Supplies:**

   Approval Date: 04/07/2015
   CCC Number:
   TOP Codes: 0837.00
   C-ID Number: