

I. COURSE INFORMATION

- A. Health and Physical Education 111 Basic First Aid-CPR
- B. 1 credit hour
- C. American Heart Association. *AHA First Aid CPR, AED*. Massachusetts: Channing Bete, 2016
- D. Prerequisites: None

II. COURSE DESCRIPTION

This course is designed to provide information on the prevention of accidents, functional first aid knowledge, and the skills to care for basic emergencies, obstructed airways, rescue breathing, and CPR. An American Heart Association card may be earned for Health Care Provider Fundamentals and basic First Aid.

III. LEARNING OUTCOMES

- A. Explain how EMS systems work
- B. Identify and provide care for breathing emergencies
- C. Identify risk factors and signs of heart attack and how to provide care
- D. Skillfully perform CPR and obstructed airway procedures
- E. Define and identify the need to know how to perform first aid
- F. Identify life threatening injuries, bleeding, fractures, and demonstrate proper care
- G. Identify signs of sudden illness, poisoning, seizure, heat & cold emergencies and provide care
- H. Know when and how to move an injured person

IV. MAJOR CONTENT AREAS

- A. First Aid Basics
- B. Medical emergencies
- C. Injury emergencies
- D. Environmental emergencies
- E. BLS/CPR for adults
- F. Automated external defibrillator for adults and children 8 years of age and older
- G. BLS/CPR for children from 1 year of age to puberty
- H. BLS/CPR for infants
- I. Automated external defibrillator for infants and for children from 1 to 8 years of age
- J. CPR with advanced airway
- K. Mouth-to-mouth breaths
- L. Rescue breathing
- M. Relief of choking

V. ASSIGNMENTS (may include but are not limited to)

- A. Practical application
- B. Quizzes
- C. Exams

VI. EVALUATION METHODS (may include but are not limited to)

- A. Attendance
- B. Participation
- C. Exams