

I. COURSE INFORMATION

- A. Health and Physical Education 121 First Aid and Safety
- B. 3 credit hours
- C. American Heart Association. *Heartsaver Pediatric First Aid, Heartsaver Bloodborne Pathogens and Heartsaver First Aid Student Workbook*. Massachusetts: Channing Bete, 2015
- D. Prerequisites: None
- E. KRSN: HSC 1040 First Aid and Safety

The learning outcomes and competencies detailed in this course outline or syllabus meet or exceed the learning outcomes and competencies specified by the Kansas Core Outcomes Groups project for this course as approved by the Kansas Board of Regents.

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. In addition, a more in depth exposure to first aid knowledge and skills is included. Lecture and lab time combined.

III. LEARNING OUTCOMES

- A. Recognize an emergency, assess the scene and develop an appropriate plan of action
- B. Demonstrate the knowledge and skills necessary to provide emergency assistance in cases such as choking, rescue breathing, CPR and use of AED for adults, children, and infants
- C. Demonstrate and explain how to provide care for life-threatening emergencies including breathing, shock, head and spinal injuries, sudden illness, stroke, soft tissues and musculoskeletal injuries
- D. Identify and describe how to respond effectively to a variety of environmental, man-made and/or national security emergencies

IV. MAJOR CONTENT AREAS

- A. Emergencies
- B. Self-protection
- C. Caring for the injured

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

- A. Locate on campus the location of First Aid/AED equipment
- B. Attend one EMT training session
- C. Participate in CPR/AED labs
- D. Participate in transportation of injured labs
- E. Participate in wound recognition/bandaging labs

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

- A. Attendance and participation
- B. Skill tests
- C. Assignments
- D. Quizzes and exams