HPE132

FIRST AID AND CPR

3 Credit Hours

Prepared by:

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January 2010
HPE132 First Aid and CPR

I. COURSE DESCRIPTION

A. Prerequisite: None

B. 3 semester hours credit

C. First Aid and CPR covers the necessary First Aid and Cardiopulmonary Resuscitation skills required to give proper care for someone who experiences injury or sudden illness. Students will learn how to recognize, respond to and give appropriate care during an emergency. The skills covered in class will enable the student to earn certification cards in First Aid and C.P.R./A.E.D. for Adult and Child and C.P.R. for the infant. Students must purchase Red Cross certification cards. (F, S, Su)

II. EXPECTED LEARNING OUTCOMES/ASSESSMENT MEASURES

<table>
<thead>
<tr>
<th>Expected Learning Outcomes</th>
<th>Assessment Measures</th>
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<tr>
<td>Students will identify the nature of an emergency and define an appropriate response for five types on injuries.</td>
<td>Case Studies, Group Activity, Discussion, Quiz</td>
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<tr>
<td>Students will identify four types of medical emergencies and describe appropriate responses for each.</td>
<td>Case Studies, Group Activity, Discussion, Quiz</td>
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<tr>
<td>Students will describe methods for preventing cardiovascular disease by modifying personal health behavior.</td>
<td>Personal Journal, Checklist, Reflection</td>
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<td>Students will document detailed knowledge of at least one First Aid topic.</td>
<td>Presentation, Lesson Plan, Research Paper</td>
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<td>Students will demonstrate skills required to obtain C.P.R./A.E.D certification cards.</td>
<td>Instructor Checklist, Exam</td>
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III. OUTLINE OF TOPICS

A. Introduction to Course
   1. Responder
   2. Body systems

B. Emergencies
   1. Recognizing emergencies
   2. Responding to emergencies
C. Life-threatening Emergencies
   1. Breathing emergencies
   2. Cardiac emergencies
   3. Bleeding
   4. Shock

D. Injuries
   1. Soft tissue injuries
   2. Musculoskeletal injuries
   3. Head and spine injuries
   4. Chest, abdomen, and pelvis injuries
   5. Extremities injuries

E. Medical Emergencies
   1. Sudden illnesses
   2. Poisoning, bites, and stings
   3. Substance misuse and abuse
   4. Heat and cold exposure

F. Special Situations

IV. METHODS OF INSTRUCTION

A. Lecture

B. Discussion

C. Collaborative Activities

D. Demonstrations

E. Guest Speakers

V. REQUIRED TEXTBOOK

American Red Cross (2007). *First Aid-Responding to Emergencies.*

VI. REQUIRED MATERIALS (Student)

   Textbook
   Barrier Kits (can be found at College Bookstore)

VII. SUPPLEMENTAL REFERENCES (none)

   Current Library holdings
VIII. METHOD OF EVALUATION

A. Case Studies
B. Checklist, Instructor
C. Discussion
D. Exam
E. Group Activity
F. Journal, Personal
G. Lesson Plan
H. Quiz/Exam
I. Presentation
J. Research Paper
K. Reflection

IX. ADA STATEMENT

Any student requiring special accommodations should inform the instructor and the Coordinator of Disability Support Services (Library; phone 636-797-3000, ext. 169).

X. ACADEMIC HONESTY STATEMENT

All students are responsible for complying with campus policies as stated in the Student Handbook and on the College website.

http://www.jeffco.edu/jeffco/index.php?option=com_weblinks&catid=26&Itemid=84