

# HED 0001 - STANDARD FIRST AID/COMMUNITY CPR

## Catalog Description

Hours: 54 lecture

Description: Theory and detailed demonstration of first aid care of the injured. Students learn to assess a victim's condition and incorporate proper treatment. Standard first aid, CPR, and AED certifications granted upon successful completion of requirements. Recognition and treatment for cardiac and respiratory emergencies, first aid for bleeding, shock, burns, poisoning, stroke, and various injuries. (C-ID KIN 101) (CSU, UC)

## Course Student Learning Outcomes

- CSLO #1: Identify the specific emergency action in the correct order for specific emergencies like ones concerning breathing, bleeding and shock.
- CSLO #2: Compare and contrast the skills used in treating special populations such as children and older adults.
- CSLO #3: Demonstrate the first aid care that is needed in common medical emergencies.
- CSLO #4: Establish a plan of prevention of childhood and adult injuries both at home and in the workplace.

## Effective Term

Fall 2020

## Course Type

Credit - Degree-applicable

## Contact Hours

54

## Outside of Class Hours

108

## Total Student Learning Hours

162

## Course Objectives

1. Assess victims' injury and medical emergencies and apply emergency action plan
2. Identify the specific emergency action steps in the correct order for specific emergencies concerning breathing, bleeding and shock
3. Describe and demonstrate skills on a mannequin to sustain a person's life until professional rescuers arrive and/or an AED arrives.
4. Describe the signs and symptoms associated with F.A.S.T evaluations.
5. Compare and contrast the skills used to identify and treat heat and cold related illnesses
6. Identify the skills used in treating special populations such as children and older adults.
7. Evaluate the risks and warning signs of heart attacks and strokes.
8. Diagram a plan of prevention for childhood and adult injuries both at home and in the workplace.
9. Demonstrate the first aid care that is needed in bleeding emergencies

10. Demonstrate bandaging and splinting techniques for injured arms.
11. Select and apply proper first aid procedures for soft tissues injuries.
12. Demonstrate stabilizing a person with a cervical spine injury;
13. Analyze emergency recovery positions for non-head injuries.

## General Education Information

- Approved College Associate Degree GE Applicability
  - AA/AS - Health Ed/Physical Ed
- CSU GE Applicability (Recommended-requires CSU approval)
- Cal-GETC Applicability (Recommended - Requires External Approval)
- IGETC Applicability (Recommended-requires CSU/UC approval)

## Articulation Information

- CSU Transferable
- UC Transferable

## Methods of Evaluation

- Objective Examinations
  - Example: The student will take a multiple-choice examination on the warning signs of heart attacks and strokes. Example question: Why is it important to give a victim an aspirin when you see signs of a heart attack? A. It relaxes the victim. B. It is a pain reliever. C. It thins the blood. D. None of the above. Standard grading
- Reports
  - Example: In a report, students will compare and contrast the techniques used for bandaging and splinting an injured arm.
- Skill Demonstrations
  - Example: Student will demonstrate the skills involved to use an AED on a mannequin.

## Repeatable

No

## Methods of Instruction

- Lecture/Discussion
- Distance Learning

Lecture:

1. Instructor will lead a lecture on Check Call Care and the student will utilize the process in assessing an emergency.
2. Instructor will lead a lecture on signs and symptoms associated with F.A.S.T evaluations.
3. The student will perform the steps to administering CPR to an adult.
4. The student will demonstrate the sequence in stabilizing a person with a cervical spine injury.

Distance Learning

1. Following an on-line lecture on how to identify the skills used in treating special populations such as children and older adults, students are to outline and post the skills used. Students are expected to read and comment on a minimum of 5 other student posts.

## **Typical Out of Class Assignments**

### **Reading Assignments**

1. The student will read the assigned chapter on choking in the textbook and be prepared to discuss in class the differences between the different rescue procedures of special populations. 2. The student will read the handout supplied on the differences between heat exhaustion and heat stroke and prepare an outline for a report on the two different emergencies.

### **Writing, Problem Solving or Performance**

1. The student will write a report on the steps to performing emergency care from an instructor provided scenario. 2. The student will outline a report on the main points on how to act in an emergency when an infant is not breathing.

### **Other (Term projects, research papers, portfolios, etc.)**

### **Required Materials**

- First Aid/CPR/AED participants manual
  - Author: American Red Cross
  - Publisher: American National Red Cross
  - Publication Date: 2017
  - Text Edition:
  - Classic Textbook?:
  - OER Link:
  - OER:

### **Other materials and-or supplies required of students that contribute to the cost of the course.**