

Prepared by the Department of Health Sciences  
Date of Departmental Approval: October 21, 2011  
Date approved by Curriculum and Programs: January 19, 2012

Effective: Fall 2012

- 1. Course Number: HEA130**  
**Course Title: Standard First Aid and Basic Life Support (Cardiopulmonary Resuscitation)**
- 2. Description:** The course provides participants with a basic knowledge of First Aid skills for treatment of illness or injury, as well as instruction in Basic Life Support for the health care provider (CPR) according to the guidelines of the American Heart Association (AHA). Upon successful completion of the course, students receive AHA certification in both Standard First Aid and CPR.
- 3. Student Learning Outcomes (instructional objectives; intellectual skills):**  
Upon successful completion of this course, students are able to do the following:
  - Demonstrate rescue breathing, Heimlich maneuver, and chest compression
  - Identify proper airway and personal protection devices during a mock medical emergency
  - Describe their role and responsibility during a medical emergency
  - Demonstrate skill in the identification and management of CPR and foreign body airway obstruction in mock emergencies using adult, child, and infant mannequins
  - Discuss prudent heart living, factors that lead to heart attacks and prevention of heart attacks
  - Demonstrate recognition and correct response to selected first-aid emergencies
- 4. Credit:** 1 credit
- 5. Satisfies General Education Requirement:** No
- 6. Prerequisite:** None
- 7. Semesters Offered:** Fall, Spring
- 8. Suggested General Guidelines for Evaluation:**  
Practical skills 50%  
Written Examinations 50% (80% or above needed for certification)
  - Standardized written exam in Cardiopulmonary Resuscitation
  - Standardized written exam on First Aid
- 9. General Topical Outline (Optional):** See attached.

## HEA130. Standard First Aid and Basic Life Support (Cardiopulmonary Resuscitation) Content Outline

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### **Cardiopulmonary Resuscitation**

#### Adult

- Rescue breathing
- Airway obstruction (Foreign Body Respiratory Obstruction [FBRO])
- One/two rescuer (CPR)
- Use of resuscitation mask

#### Child

- Rescue breathing
- Airway obstruction (FBRO)
- Child (CPR)

#### Infant

- Rescue breathing
- Airway obstruction (FBRO)
- Infant (CPR)

Emergency action principles (use of Automated External Defibrillator [AED])

Prevention of childhood injuries

Prudent heart living

Cardiac risk factors

### **First Aid**

Secondary survey

Bleeding and shock

Eye, nose and dental injuries

Bites and stings

Bone, joint and muscle injuries

Poisons

Diabetic emergencies

Stroke

Seizures

Temperature related emergencies

Emergency moves