

KIN A203: FIRST AID AND CPR

Item	Value
Curriculum Committee Approval Date	02/07/2023
Top Code	127000 - Kinesiology
Units	2 Total Units
Hours	36 Total Hours (Lecture Hours 36)
Total Outside of Class Hours	0
Course Credit Status	Credit: Degree Applicable (D)
Material Fee	Yes
Basic Skills	Not Basic Skills (N)
Repeatable	No
Open Entry/Open Exit	No
Grading Policy	Standard Letter (S), • Pass/No Pass (B)
Associate Arts Local General Education (GE)	• Area 7 Life Skills, Lifelong Learning, and Self-Development 7A Theory/ Non-activity (OE1)

Course Description

Emphasizes injury prevention, early medical care, first aid for common injuries and life-saving skills. Successful completion qualifies a student for the American Red Cross Standard First Aid Card and CPR Certification. It is recommended that students verify with their employer or program to ensure this course meets the requirement for the certification needed. Formerly known as HLED A112. Transfer Credit: CSU; UC.

Course Level Student Learning Outcome(s)

1. Analyze emergency situations and identify methods to treat the victim.
2. Execute proper CPR and First-Aid techniques needed in an emergency.

Course Objectives

- 1. Demonstrate wound dressing, bandaging, splinting and immobilization
- 2. Understand and identify treatment for muscular and skeletal injuries, sudden illness, drug overdose, and allergies.
- 3. Demonstrate the treatment for heat and cold emergency, stroke, exhaustion, cramps and hypothermia, head, neck, and spine injuries, and burns (superficial, partial and full thickness).
- 4. Identify and treat the use and abuse of drugs.
- 5. Demonstrate the treatment for bleeding and shock.
- 6. Understand the proper survival sequence in an earthquake situation, and also know the proper supplies needed to survive in the after math. (supplies, evacuation and an education plan)
- 7. Demonstrate rescue-breathing techniques for adult, child, and infant.
- 8. Demonstrate CPR techniques for adult, child, and infant.
- 9. Demonstrate proficiency to overcome airway obstruction (conscious and/or unconscious) for an adult, child, infant, pregnant woman, or obese person.

Lecture Content

Introduction to First Aid Definition; reasons for first aid; value of first aid training; general directions for giving first aid Legal Issues Victim Assistance Wounds Definition; common causes; symptoms; first aid for open wounds; first aid for severe bleeding; prevention of contamination and infection; bites; closed wounds; prevention of wound causing accidents Specific Injuries Eye injuries, head injuries, neck injuries, wounds of the chest, abdominal injuries, back injuries, injuries to the genital organs, injuries to the legs and feet, hand injuries first aid, blisters first aid Shock Definition, causes, signs and symptoms, treatment objectives, first aid Respiratory Emergencies and Artificial Respiration Definitions, causes of respiratory failure, the breathing process, artificial respiration, prevention of respiratory accidents Swallowed Objects and Choking Causes, signs and symptoms, first aid, prevention Poisoning Definition, causes, signs and symptoms, objectives in treatment of poisoning by mouth, first aid, contact poisons, prevention, poisoning by marine life, poisoning by insects, poisoning by venomous snakes, prevention of accidental poisoning Drugs and Their Abuse Definitions, identification of drug abuse, classification of drugs Burns Definition, causes and effects, classification, extent and location, first aid, prevention of heat emergencies Frostbite and Cold Exposure Frostbite, cold exposure, prevention of injuries from extreme cold Heat Stroke, Heat Cramps, and Heat Exhaustion Definitions, causes, heat stroke, heat cramps, heat exhaustion Sudden Illness Heart attack, stroke, fainting, convulsion, epilepsy, prevention of heart attack and apoplexy Dressings and Bandages Dressings, bandages, combination dressings and bandages, special pads, application of bandages, first aid kits and supplies Bone and Joint Injuries Definitions, fractures, specific fractures, dislocation, sprains, strains, prevention of accidents resulting in skeletal and muscular injuries Emergency Rescue and Short Distance Transfer Definition of emergency rescue, indications for immediate rescue, procedure, methods of transfer (moving victims) People with special needs Cardiopulmonary Resuscitation (CPR) One person CPR, two person CPR, CPR baby

Lab Content

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Method(s) of Instruction

- Lecture (02)

Instructional Techniques

Lecture, laboratory, demonstration, use of multi-media materials (film, slides, video, overheads), Red Cross video, actual rescue video. Hybrid course will use learning modules to convey course content.

Reading Assignments

Students will spend approximately 2 hours a week reading from the textbook.

Writing Assignments

Written exams, short essays, journals.

Out-of-class Assignments

Students will complete reading assignments (approximately 2 hours a week), practice quizzes, skill practice, and worksheets (approximately 2 hours a week).

Demonstration of Critical Thinking

Quizzes, skill demonstration, performance of skill techniques on mannequins, evaluation of mannequin tape analysis Exams and quizzes designed to assess the students knowledge of body systems, the emergency action plan, and signs and symptoms and proper care for injuries and medical emergencies Practical skill tests designed to evaluate the students ability to perform practical skills such as bandaging, splinting, and CPR simulated scenarios

Required Writing, Problem Solving, Skills Demonstration

Skill proficiency in bandaging, splinting, immobilization, treatments, and earthquake preparedness. Demonstration of proficiency in CPR, AED, Bag Valve, and 2-person CPR. Written and practical certification tests Assignments to assess their lifestyle for health and safety concerns

Eligible Disciplines

Athletic training: Any bachelor's degree and two years of professional experience, or any associate degree and six years of professional experience. Note: This discipline listing applies only to instructors teaching apportionment generating courses in the subject of athletic training. Non-apportionment-generating athletic training activity is not subject to minimum qualifications. Health: Master's degree in health science, health education, biology, nursing, physical education, kinesiology, exercise science, dietetics, or nutrition OR bachelor's degree in any of the above AND master's degree in public health, or any biological science OR the equivalent. Master's degree required. Kinesiology: Master's degree in kinesiology, physical education, exercise science, education with an emphasis in physical education, kinesiology, physiology of exercise, or adaptive physical education OR Bachelor's degree in any of the above AND Master's degree in any life science, dance physiology, health education, recreation administration or physical therapy OR the equivalent. Physical education: Master's degree in physical education, exercise science, education with an emphasis in physical education, kinesiology, physiology of exercise, or adaptive physical education, OR bachelor's degree in any of the above AND master's degree in any life science, dance, physiology, health education, recreation administration, or physical therapy OR the equivalent. Master's degree required.

Textbooks Resources

1. Required American Red Cross. First Aid-Responding to Emergencies, latest ed. Washington, DC: American Red Cross, 2012 2. Required American Red Cross. CPR/AED for the Professional Rescuer, latest ed. Washington, DC: American Red Cross, 2012