

# KIN G101: FIRST AID/CARDIO-PULMONARY RESUSCITATION

| Item   | Value  |
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| Curriculum Committee Approval Date                                     | 10/17/2017   |
| Top Code   | 127000 - Kinesiology   |
| Units  | 3 Total Units  |
| Hours  | 54 Total Hours (Lecture Hours 54)  |
| Total Outside of Class Hours   | 0  |
| Course Credit Status   | Credit: Degree Applicable (D)  |
| Material Fee   | No   |
| Basic Skills   | Not Basic Skills (N)   |
| Repeatable   | No   |
| Open Entry/Open Exit   | No   |
| Grading Policy   | Standard Letter (S)  |
| Local General Education (GE)   | <ul style="list-style-type: none"> <li>Area 7E Lifelong Understanding and Self-Development (GE)</li> </ul> |
| California State University General Education Breadth (CSU GE-Breadth) | <ul style="list-style-type: none"> <li>CSU E1 Lifelong Understanding (E1)</li> </ul>                       |

## Course Description

A course in CPR (cardio-pulmonary resuscitation), AED (Automated External Defibrillator) and basic first aid. 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. Transfer Credit: CSU; UC: Credit Limitation: KIN G101 and KIN G281 combined: maximum credit, 1 course. C-ID: KIN 101. C-ID: KIN 101.

## Course Level Student Learning Outcome(s)

1. Course Outcomes
2. Identify the need for emergency care and how to activate the EMS.
3. Apply your understanding of the physiological differences of an adult, child, and infant to provide the most effective course of first aid treatment.
4. Successfully perform rescue breathing for adult, child and infant.
5. Demonstrate the Heimlich maneuver on a conscious and an unconscious adult, child and infant victim.
6. Modify his or her CPR skills according to the victim's ages (adult, child, and or infant) and when to use an AED.
7. Distinguish the type of bleeding and formulate the correct plan of action to control severe bleeding and apply a pressure bandage.
8. Assess the difference between normal behavior or consciousness and that which can occur as a result of intoxication from alcohol and drugs or from injury such as head injuries, stroke, diabetic complications, etc.

## Course Objectives

- 1. Identify the need for emergency care and how to activate the EMS.
- 2. Apply your understanding of the physiological differences of an adult, child, and infant to provide the most effective course of first aid treatment.

- 3. Successfully perform rescue breathing for adult, child and infant.
- 4. Demonstrate the Heimlich maneuver on a conscious and an unconscious adult, child and infant victim.
- 5. Modify your CPR skills according to the victim's ages (adult, child, and or infant) and when to use an AED.
- 6. Distinguish the type of bleeding and formulate the correct plan of action to control severe bleeding and apply a pressure bandage.
- 7. Assess the difference between normal behavior or consciousness and that which can occur as a result of intoxication from alcohol and drugs or from injury such as head injuries, stroke, diabetic complications, etc.

## Lecture Content

A. Introduction and statement of course objectives B. If not you who? 1. The sociological impact of having more people within our society trained in lifesaving techniques and skills like CPR and First Aid and the positive effect this has on our local, state, and world wide communities. C. The physiology of the human body and how the body's systems interact with one another in a normal way and when injury has occurred. D. The links of survival. 1. Recognizing an emergency exists 2. Checking a conscious victim 3. Checking an unconscious victim 4. Calling for help 5. Giving care E. Rescue breathing and cardiopulmonary resuscitation - CPR. 1. Anatomy and physiology of the heart and respiration 2. Assessing unresponsiveness a. Adult b. Child c. Infant 3. Assessing breathlessness a. Adult b. Child c. Infant 4. Establishing an airway a. Adult b. Child n bsp; c. Infant 5. Mouth to mouth resuscitation a. Adult b. Child c. Infant 6. Recognizing and treating an airway obstruction a. Conscious victim 1. Adult 2. Child 3. Infant b. Unconscious victim 1. Adult 2. Child 3. Infant 7. Heart attack a. Risk factors that can't be changed b. Risk factors that can be changed or controlled c. Signs and symptoms of 8. CPR techniques and skills; Adult, Child, and Infant a. Single person b. Two person c. Hands only 9. Using an AED a. Adult b. Child c. Infant 10. Prudent living a. Diet b. Exercise c. Stress F. First Aid 1. Wounds (identification, prevention, and treatment) a. Open b. Closed 2. Recognizing and controlling severe bleeding a. Types of bleeding 1. Capillary 2. Venous 3. Arterial b. Bleeding control 1. Direct pressure 2. Pressure bandage(s) 3. Pressure points 3. Shock a. Types of shock b. Life threatening condition c. Treatment d. Prevention 4. Specific injuries and special situation a. Seizures ; 1. Common causes 2. Treatment b. Diabetic emergencies 1. Recogniton 2. Treatment c. Bites and stings 1. Stingray 2. Jellyfish 3. Spiders 4. Snakes d. Hypothermia 1. Frostbite 2. Cold exposure 3. Treatment e. Hyperthermia 1. Heat cramps 2. Heat exhaustion 3. Heat stroke f. Poisoning 1. Causes 2. Treatment ; 3. Prevention g. Head, neck, back, chest, and abdomen 1. Identification 2. Treatment 5. Burns a. Common causes b. Identification c. Treatment 6. Musculoskeletal injuries (identification, treatment and splinting.) a. Breaks b. Strains c. Pulls d. Tears 7. Bandaging, splinting, and transportation.

## Method(s) of Instruction

- Lecture (02)
- DE Live Online Lecture (02S)
- DE Online Lecture (02X)

## Instructional Techniques

Methods of instruction may include but are not limited to lectures, Power Point presentations, videos, guest speakers, small group discussions, off-campus visitation assignments, and supplemental readings.

## Reading Assignments

Textbook, articles from peer review journals, and research articles.

## Writing Assignments

Write a safety and emergency preparedness plan for your home and/or business.

## Out-of-class Assignments

1. Fire escape plan for home  
2. Critique of one newspaper article dealing with first aid/CPR  
3. Two week pulse chart

## Demonstration of Critical Thinking

Students will determine the correct course of action when faced with an unconscious victim(s), how to prioritize what treatment is necessary, who needs it, and how to efficiently navigate through the situational life threatening flow chart.

## Required Writing, Problem Solving, Skills Demonstration

#NAME?

## Eligible Disciplines

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. Nursing: Master's degree in nursing OR bachelor's degree in nursing AND master's degree in health education or health science OR the equivalent OR the minimum qualifications as set by the Board of Registered Nursing, whichever is higher. Master's degree required. 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 National Safety Council. National Safety Council Advanced First Aid, CPR AED, Latest ed. National Safety Council, 2015  
2. Required American Heart Association. American Heart Association BLS for Healthcare Providers, Latest ed. American Heart Association, 2015  
3. Required American Heart Association. American Heart Association Heartsaver: First Aid, CPR, AED, Latest ed. American Heart Association, 2015