



SANTA ANA COLLEGE

COURSE OUTLINE OF RECORD

CATALOG ENTRY

Discipline	Kinesiology Health Education
Course Number	106
Course Title	Cardiopulmonary Resuscitation and First Aid
Former Title	
Units	3
Lecture Hours	54
Scheduled Laboratory Hours	None
Arranged Laboratory Hours (TBA)	None
Total Semester Contact Hours	54

COURSE IDENTIFICATION NUMBER(S) (C-ID)

REQUISITES

Prerequisite
None

Corequisite
None

Recommended Preparation
None

CATALOG DESCRIPTION

This course involves the theory and detailed demonstration of the first aid care of the injured. The student will learn to assess a victim's condition and incorporate proper treatment. Standard first aid, CPR, and AED certification(s) will be granted upon successful completion of requirements.

Classification Code	Y
Transfer Code	B-Transferable to CSU only
SAM Priority Code	E - Non-Occupational
Repeatability	LMT - Legally Mandated Training
TOPS Code	0837.00 - Health Education
Topics Course	No
Open Entry/Exit	No
Grading Options	Letter Grade or P/NP

Department Chair Approval Date: 10/17/16 by: Brian Sos

Division Chair Approval Date: 10/17/16 by: Brian Sos

Curriculum and Instruction Council Chair Approval Date: 12/05/2016 by: Brian Sos
Last Revision Date:

COURSE OBJECTIVES

At the conclusion of this course, the student will be able to:

1. Assess victims of injury and medical emergencies and apply emergency action plan
2. Describe the signs and symptoms associated with common medical emergencies Demonstrate the first aid care that is needed in common medical emergencies
3. Demonstrate cardiopulmonary resuscitation and the use of AED
4. Demonstrate bandaging and splinting techniques
5. Demonstrate emergency rescue moves
6. Evaluate their lifestyle for health and safety concerns and set personal goals for achieving a safe and healthy lifestyle

COURSE CONTENT

(Include major topics of the course, time required, and what the student is expected to learn.)

1. Orientation (1 hour)
 - A. Rules, grading system, attendance, expectations, procedures.
2. Terms and Concepts (1 hour)
3. First Aid Basics (2 hours)
 - A. Duties, Roles, and Responsibilities
 - B. Key Steps
 - a. scene assessment (practical)
 - b. phone for help
 - C. Universal Precautions
 - a. personal protective equipment (practical)
 - b. blood/fluid Exposure
 - c. hygiene
 - D. Legal Issues
 - a. privacy
 - b. Good Samaritan Laws
4. Medical Emergencies (6 hours)
 - A. Breathing Problems
 - a. inhalers
 - b. choking adult, child, infant
 - c. airway obstructions
 - B. Allergic Reactions
 - a. mild vs. severe
 - b. epinephrine pen (practical)

- c. shock
- C. Heart Attack
 - a. heart disease
 - b. symptoms
 - c. actions for help
- D. Fainting
 - a. causes of loss of consciousness
 - b. actions to help
- E. Diabetes
 - a. types of diabetes
 - b. physiological responses due to diabetes
 - c. actions to help
- F. Stroke
 - a. stroke identification
 - b. actions to help
- G. Seizure
 - a. causes and physiological responses
 - b. actions to help
- 5. Injury Emergencies (6 hours)
 - A. Controlling Bleeding
 - a. dressings and bandages (practical)
 - b. tourniquet (practical)
 - c. shock
 - B. Wounds
 - a. bleeding from the nose
 - b. bleeding from the mouth
 - c. tooth injuries
 - d. eye injuries
 - e. penetrating and puncturing injuries
 - f. amputation
 - C. Internal Bleeding
 - D. Head, Neck and Spine Injuries
 - E. Broken Bones and Sprains
 - a. splinting, immobilization (practical)
 - F. Burns and Electrical Injuries
- 6. Environmental Emergencies (6 hours)
 - A. Bites and Stings
 - a. snake bites
 - b. insect, bee and spider bites and stings
 - i. allergic reactions
 - c. poisonous spider bites and scorpion stings

- d. tick bites
- e. marine bites and stings
- B. Heat Related Injuries
 - a. dehydration
 - b. heat cramps
 - c. heat exhaustion
 - d. heat stroke
 - e. actions to help
- C. Cold Related Emergencies
 - a. frostbite
 - b. hypothermia
 - c. actions to help
- D. Poison Emergencies
- 7. Instruction in cardiac care (3 hours)
 - A. Signs and symptoms
 - B. Cardiac physiology
 - C. Legal Issues
 - D. Cardiovascular risk factors and strategies for healthful living.
 - a. high blood pressure
 - b. cholesterol
 - c. diabetes
 - d. smoking
 - e. stress
 - f. family history
- 8. CPR physiology (3 hours)
 - A. Heart, lungs, and circulatory systems.
- 9. Artificial resuscitation (6 hours)
 - A. Mouth to mouth
 - B. Mouth to nose
 - C. Mouth to nose and mouth
 - D. Mouth to stomach
- 10. Hands-on CPR with proper verbal communication (8 hours)
 - A. Single person rescue
 - B. Double person rescue
- 11. Hands-on CPR with proper verbal communication (3 hours)
 - A. Infant rescue
- 12. Hands-on AED with proper verbal communication (3 hours)

COURSE MATERIALS

Required texts and/or materials.(Include price and date of publication.)

Required:American Heart Association. *BLS Provider Manuel*, ed. American Heart Association, 2016, ISBN: 9781616694074.

Recommended readings and/or materials:

None

Other:

None

WHAT METHODS WILL BE EMPLOYED TO HELP STUDENTS LEARN?

Case Studies

Class Discussions

Group Study & Exercises

Handouts

Instructor Demonstrations

Lecture

Media Presentations

Reading Assignments

Visual Aids

Writing Projects & Reports

WHAT LEARNING ACTIVITIES OR ASSIGNMENTS ARE REQUIRED OUTSIDE OF CLASS?

List activities and hours for each. (Must include reading and writing activities.)

Students will be required to complete both reading and writing assignments from the text on a per meeting basis

Practical performance list must be studied and practiced outside of class

Antomy worksheets and case study reviews

Total hours : 108

STANDARDS OF ACHIEVEMENT

List graded activities.

Quizzes 10 x 5 points (50 points)

First Aid Practicals 5 x 10 points (50 points)

CPR practicals 2 x 25 points (50 points)

Midterm (50 points)

Final (50 points)

Final Practical Exam (50 points)

How will student learning be assessed? (Multiple measures must be used.)

Traditional Grading Scale:

90%=A

80%=B

70%=C

60%=D

59% and below =F

Supplemental Forms	
New Course Proposal Form	
Course Title	KNHE 106 - Cardiopulmonary Resuscitation and First Aid
Intended for Transfer	Yes Elective General Education Major Requirement
Part of Associate Degree	Yes Elective General Education Major Requirement
Advisory Committee Involved?	Yes Explain: Advisory committee supports the combining of CPR and First Aid.
Supplemental Comments	 This course is a combination of KNHE 107 and KNHE 105. Together they constitute C-iD KIN 101. Having separate courses is no longer justifiable nor viable.
Supplemental Forms Last Saved	
New Course Proposal Form Last Saved: Monday , Oct 17, 2016 at 10:52 PM By Brian Sos	
Approval Dates	
Curriculum and Instruction Council Chair: 12/05/2016 Department Chair: 10/17/2016 Division Dean: 10/18/2016	