

EMS-90: FIRST RESPONDER

Effective Term

Fall 2026

CC Approval

11/07/2025

AS Approval

11/13/2025

BOT Approval

11/20/2025

COCI Approval

03/05/2026

SECTION A - Course Data Elements

CB04 Credit Status

Credit - Degree Applicable

Discipline

Minimum Qualifications	And/Or
Emergency Medical Technologies (Any Degree and Professional Experience)	

Subject Code

EMS - Emergency Medical Services

Course Number

90

Department

Emergency Medical Services

Division

Health Occupations (HEOC)

Full Course Title

First Responder

Short Title

First Responder

CB03 TOP Code

1250.00 - *Emergency Medical Services

CIP Code

51.0904

CB08 Basic Skills Status

NBS - Not Basic Skills

CB09 SAM Code

D - Possibly Occupational

Rationale

Adjusted dangling hours.

SECTION B - Course Description

Catalog Course Description

The First Responder course is an introductory course designed for lay persons interested in or for professionals who require First Responder training per U.S. Department of Transportation standards. The class will teach the basic pre-hospital care skills needed to render care at the scene of an emergency until more highly trained emergency medical response personnel arrive. The course will cover such subjects as basic anatomy and body systems, lifting and moving of patients, airway management, patient assessment, medical/behavioral/trauma emergencies, terrorism awareness, and an overview of the Emergency Medical Services (EMS) system. This course prepares students to sit for the National Registry of Emergency Medical Technicians (NREMT) exam for First Responders. This class is repeatable for credit and may be taken for a letter grade only.

SECTION C - Conditions on Enrollment

Open Entry/Open Exit

No

Repeatability

Not Repeatable

Grading Options

Letter Grade Only

Allow Audit

Yes

Requisites

SECTION D - Course Standards

Is this course variable unit?

No

Units

2.00

Lecture Hours

18.00

Activity Hours

36.00

Outside of Class Hours

54

Total Contact Hours

54

Total Student Hours

108

Distance Education Approval

Is this course offered through Distance Education?

Yes

Online Delivery Methods

DE Modalities	Permanent or Emergency Only?
Hybrid	Emergency Only

SECTION E - Course Content

Student Learning Outcomes

Upon satisfactory completion of the course, students will be able to:	
1.	Appropriately identify human medical/behavioral/trauma emergencies at the First Responder level.
2.	Provide pre-hospital assessment and care that is appropriate to the patient's condition and the First Responder scope of practice.

Course Objectives

Upon satisfactory completion of the course, students will be able to:	
1.	Conduct an initial patient assessment (e.g., ABC and physical exam) in order to identify the nature of the emergency (e.g., medical, behavioral, or traumatic).
2.	Synthesize initial assessment data to identify the scope of emergency medical services required and formulate a treatment plan to provide care until more advanced emergency medical personnel arrive on scene.
3.	Select the appropriate manipulative skill set(s) based on the treatment plan developed and perform them in order to deliver safe out-of-hospital care until more advanced emergency medical personnel arrive on scene.
4.	Conduct an on-going assessment and adapt the treatment plan and skill set(s) as needed in order to address the patient's evolving medical, behavioral, or traumatic condition(s) until more advanced emergency medical personnel arrive on scene.
5.	Perform the assessments and skill set(s) expected of First Responders per U.S. Department of Transportation mandated performance standards in order to deliver safe and effective services and be eligible to take the National Registry of Emergency Medical Technicians exam for First Responders.

Course Content

The curriculum for First Responder training is mandated by the U.S. Department of Transportation. Course content at a minimum will include the following:

1. Introduction to the EMS System
2. Well-Being of the First Responder
3. Legal and Ethical Issues Related to Being a First Responder
4. The Human Body (e.g., basic anatomy and body systems)
5. Lifting and Moving Patients
6. Airway Management
7. Patient Assessment
8. Circulation (e.g., anatomy and function of the circulatory system and healthcare provider CPR)
9. Illness and Injury (e.g., Medical, Trauma, and Behavioral Emergencies)
10. Childbirth and Pediatric Emergencies
11. Geriatric Emergencies
12. EMS Operations

Methods of Instruction

Methods of Instruction

Types	Examples of learning activities
Lecture	Lecture on course topics.

Online Adaptation

Types	Examples of learning activities
Lecture	Lecture on course topics.

Instructor-Initiated Online Contact Types

Announcements/Bulletin Boards
 Chat Rooms
 Discussion Boards
 E-mail Communication
 Video or Teleconferencing

Student-Initiated Online Contact Types

Chat Rooms

Course design is accessible

No

Methods of Evaluation**Methods of Evaluation**

Types	Examples of classroom assessments
Quizzes	Students are given at the beginning of class a 10 multiple choice question quiz to evaluate their understanding and retention of the assigned course reading.
Exams/Tests	Students are given a 100 question multiple choice midterm and a 100 question multiple choice final.
Skills Demonstration	<p>There are 12 skill sets per U.S. Department of Transportation regulations that a First Responder must be able to perform competently. The sets will include but may not be limited to (based upon possible changes to U.S. DOT regulations):</p> <ol style="list-style-type: none"> 1. Patient Assessment 2. Vital Signs (pulse, respiration, blood pressure) 3. Glove Removal 4. Body Substance Isolation Procedures 5. Lifting and Moving of Patients 6. Airway Management 7. Professional Rescuer CPR (1 Person, 2 Person for Adults, Infant and Children and AED) 8. Bleeding and Wound Control 9. Splinting & Helmet Removal 10. Childbirth 11. Oxygen Equipment Usage 12. Oxygen Adjuncts Usage

Assignments**Reading Assignments**

There will be approximately 4 hours per week of reading for this course. Reading will primarily come from the text for the course.

Examples of subject matter include:

Chapter 2: Patient Assessment:

1. The patient assessment sequence
2. Performing a scene size up.
3. Performing an initial assessment
4. Performing a physical examination

Chapter 10: Medical Emergencies:

1. General medical conditions
2. Specific medical conditions

Chapter 13: Bleeding, Shock, and Soft Tissue Injuries:

1. Body substance isolation and soft-tissue injuries
2. Review of the parts and function of the circulatory system
3. Shock
4. Bleeding
5. Wounds
6. Burns

Writing Assignments

Written Assignments: The following is an example of a question that could be asked on a quiz, mid-term, or final exam:

1. You are called to the scene of a fight in a bar where a patron reportedly has been stabbed. As you approach the scene, what are the things you should consider in handling this potential crime scene?

Problem Solving/Performance Assignments:

1. Skill Sets: The skill sets the student must perform proficiently per U.S. DOT regulations will include but are not limited to (based upon changes to U.S. DOT regulations):

Patient Assessment

- a. Vital Signs (pulse, respiration, blood pressure)
- b. Glove Removal
- c. Body Substance Isolation Procedures
- d. Lifting and Moving of Patients
- e. Airway Management
- f. Professional Rescuer CPR (1 Person, 2 Person for Adults, Infant and Children and AED)
- g. Bleeding and Wound Control
- h. Splinting & Helmet Removal
- i. Childbirth
- j. Oxygen Equipment Usage
- k. Oxygen Adjuncts Usage

2. Simulation Exercises:

A. Medical:

You are called to respond to a 72-year-old male complaining of chest pain and difficulty breathing. Properly assess and treat the patient. At the end of the simulation, you will give an oral report to the exam proctor explaining the logic and rationale behind the assessment you made, and treatment plan you developed and administered.

B. Trauma:

An 18-year-old male victim of a motorcycle accident is found on the highway unconscious and wearing a helmet. Properly assess and treat the patient. At the end of the simulation, you will give an oral report to the exam proctor explaining the logic and rationale behind the assessment you made and treatment plan you developed and administered.

SECTION F - Textbooks and Instructional Materials

Material Type

Textbook

Author

Chris Le Baudour, Kaitlyn Laurelle, Keith Wesley

Title

Emergency Medical Responder: First on Scene

Edition/Version

12th

Publisher

Pearson Publishers

Year

2023

ISBN

978-0138100407

SECTION G - Diversity, Equity and Inclusivity

How does your course and/or course outline of record reflect strategies for accommodating and engaging diverse student populations, advancing equitable outcomes, and fostering inclusion for all students?

The Napa Valley College EMS Program is dedicated to cultivating a diverse and inclusive learning environment that prepares compassionate and culturally competent EMS professionals. We recognize that the communities we serve are diverse, and our workforce should reflect that diversity to ensure the best possible patient outcomes. Our commitment includes:

For our students: Promoting an anti-discriminatory environment where all feel safe, welcomed, and respected regardless of race, ethnicity, gender, sexual orientation, religion, age, disability, or socioeconomic background. We incorporate diverse perspectives into our curriculum and pedagogical methods.

For our faculty: Creating an environment where every faculty member feels valued and supported. We strive for a faculty that represents the diversity of our student body and the community.

For our patients: Ensuring our graduates are equipped to provide equitable, high-quality care to every individual, understanding that bias can influence medical treatment and lead to disparate health outcomes. We will address health disparities through education and quality improvement interventions.

Course Codes (Admin Only)

CB00 State ID

CCC000469062

CB10 Cooperative Work Experience Status

N - Is Not Part of a Cooperative Work Experience Education Program

CB11 Course Classification Status

Y - Credit Course

CB13 Special Class Status

N - The Course is Not an Approved Special Class

CB23 Funding Agency Category

Y - Not Applicable (Funding Not Used)

CB24 Program Course Status

Program Applicable

Allow Pass/No Pass

No

Only Pass/No Pass

No