



HELH 100 - Community First Aid & Safety Course Outline

Approval Date:

Effective Date: 08/11/2013

SECTION A

Unique ID Number CCC000209113

Discipline(s)

Division Kinesiology & Athletics

Subject Area Health

Subject Code HELH

Course Number 100

Course Title Community First Aid & Safety

TOP Code/SAM Code 0000.00 - N/A / -

Rationale for adding this course to the curriculum Modify course catalog description, modify course objectives and content to include AED training, update to most current text. Attempt to clean up formatting.

Units 3

Cross List N/A

Typical Course Weeks

Total Instructional Hours

Contact Hours

Lecture 54.00

Lab 0.00

Activity 0.00

Work Experience 0.00

Outside of Class Hours 108.00

Total Contact Hours 54

Total Student Hours 162

Open Entry/Open Exit No

Maximum Enrollment

Grading Option Letter Grade or P/NP

Distance Education

Mode of Instruction

SECTION B

General Education Information:

SECTION C

Course Description

Repeatability May be repeated 0 times

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

Schedule Description

SECTION D

Condition on Enrollment

1a. **Prerequisite(s):** *None*

1b. **Corequisite(s):** *None*

1c. **Recommended:** *None*

1d. **Limitation on Enrollment:** *None*

SECTION E

Course Outline Information

1. Student Learning Outcomes:

A. Students will acquire the knowledge and skills to become certified in American Red Cross Community First Aid and Safety.

2. Course Objectives: Upon completion of this course, the student will be able to:

- A. Assess victims of injury and medical emergencies and apply emergency action plan.
- B. Describe the signs and symptoms associated with common medical emergencies.
- C. Demonstrate the first aid care that is needed in common medical emergencies.
- D. Demonstrate cardiopulmonary resuscitation and the use of AED.
- E. Demonstrate bandaging and splinting techniques.
- F. Demonstrate emergency rescue moves.
- G. Evaluate their lifestyle for health and safety concerns and set personal goals for achieving a safe and healthy lifestyle.
- H.

3. Course Content

I. Course Content for Infant, Child, and Adult:

a. Body Systems

b. Victim Assessment

c. Legal Issues

d. Emergency Action Plan

II. Care for emergencies:

a. breathing,

- b. cardiac,
- c. choking,
- d. bleeding,
- e. shock,
- f. anaphylaxis and
- g. special circumstances (sudden illness, poisoning, bites, stings, and heat and cold emergencies)

III. AED – Automatic External Defibrillator

IV. Internal/Soft Tissue injuries and burns

V. Musculoskeletal injuries: head, spine, bone, joint, and extremities

VI. Splinting and immobilization

VII. Moving victims

VIII. People with special needs

IX. Healthy lifestyles and safety measures

4. Methods of Instruction:

Critique: Instructor and peer

Lecture: all content

Observation and Demonstration: skills, techniques and procedures for content

5. Methods of Evaluation: Describe the general types of evaluations for this course and provide at least two, specific examples.

Typical classroom assessment techniques

Exams/Tests -- designed to assess the knowledge of body systems, the emergency action plan, and signs and symptoms and proper care for injuries and medical emergencies.

Quizzes -- designed to assess the knowledge of body systems, the emergency action plan, and signs and symptoms and proper care for injuries and medical emergencies.

Simulation -- tests designed to evaluate the ability to perform practical skills such as bandaging, splinting, and CPR simulated scenarios.

Class Participation -- tests designed to evaluate the ability to perform practical skills such as bandaging, splinting, and CPR simulated scenarios

Additional assessment information:

- Practical exams in bandaging, splinting, and CPR for an adult, a child and an infant

- Five written mid-terms

- A final written exam

- The assembly of a first aid kit

- Written and practical certification tests

- Assignments to assess lifestyle for health and safety concerns

Letter Grade or P/NP

6. Assignments: State the general types of assignments for this course under the following categories and provide at least two specific examples for each section.

- A. Reading Assignments
 - 1. Read the chapter on infant emergency care.
 - 2. Read the chapter on proper use of AED.
- B. Writing Assignments
 - 1. List the mandatory items for a basic first aid kit.
 - 2. List the proper sequence for providing assistance to and unconscious person.
- C. Other Assignments
 - Demonstrate proper bandaging techniques.

7. Required Materials

A. EXAMPLES of typical college-level textbooks (for degree-applicable courses) or other print materials.

Book #1:

Author: American Red Cross
Title: Responding to Emergencies
Publisher: StayWell
Date of Publication: 2012
Edition: 1st

B. Other required materials/supplies.