

HELH-100: COMMUNITY FIRST AID & SAFETY

Effective Term

Fall 2013

SECTION A - Course Data Elements
CB04 Credit Status

Credit - Degree Applicable

Discipline

Minimum Qualifications	And/Or
Health (Master's Degree)	Or
Physical Education (Master's Degree)	

Subject Code

HELH - Health

Course Number

100

Department

Health

Division

Kinesiology & Athletics

Full Course Title

Community First Aid & Safety

Short Title

Community First Aid & Safety

CB03 TOP Code

0837.00 - Health Education

CB08 Basic Skills Status

NBS - Not Basic Skills

CB09 SAM Code

E - Non-Occupational

Rationale

Discipline field was missing.

SECTION B - Course Description
Catalog Course 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

SECTION C - Conditions on Enrollment
Open Entry/Open Exit

No

Repeatability

Not Repeatable

Grading Options

Letter Grade or Pass/No Pass

Allow Audit

Yes

Requisites**SECTION D - Course Standards****Is this course variable unit?**

No

Units

3.00

Lecture Hours

54.00

Outside of Class Hours

108

Total Contact Hours

54

Total Student Hours

162

Distance Education Approval**Is this course offered through Distance Education?**

Yes

Online Delivery Methods

DE Modalities	Permanent or Emergency Only?
Entirely Online	Permanent
Hybrid	Permanent

SECTION E - Course Content**Student Learning Outcomes**

Upon satisfactory completion of the course, students will be able to:	
1.	Students will acquire the knowledge and skills to become certified in American Red Cross Community First Aid and Safety.

Course Objectives

Upon satisfactory completion of the course, students 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.
3.	Demonstrate the first aid care that is needed in common medical emergencies.
4.	Demonstrate cardiopulmonary resuscitation and the use of AE
5.	Demonstrate bandaging and splinting techniques.
6.	Demonstrate emergency rescue moves.
7.	Evaluate their lifestyle for health and safety concerns and set personal goals for achieving a safe and healthy lifestyle.

Course Content

1. Course Content for Infant, Child, and Adult:
 - a. Body Systems
 - b. Victim Assessment
 - c. Legal Issues
 - d. Emergency Action Plan

2. 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)
3. AED – Automatic External Defibrillator
4. Internal/Soft Tissue injuries and burns
5. Musculoskeletal injuries: head, spine, bone, joint, and extremities
6. Splinting and immobilization
7. Moving victims
8. People with special needs
9. Healthy lifestyles and safety measures

Methods of Instruction

Methods of Instruction

Types	Examples of learning activities
Critique	Instructor and peer
Lecture	All content
Observation and Demonstration	Skills, techniques and procedures for content

Instructor-Initiated Online Contact Types

Announcements/Bulletin Boards
 Discussion Boards
 E-mail Communication
 Telephone Conversations

Student-Initiated Online Contact Types

Chat Rooms
 Discussions
 Group Work

Course design is accessible

Yes

Methods of Evaluation

Methods of Evaluation

Types	Examples of classroom assessments
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.

Assignments

Reading Assignments

1. Read the chapter on infant emergency care.
2. Read the chapter on proper use of AED.

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.

Outside-of-Class Assignments

Demonstrate proper bandaging techniques.

SECTION F - Textbooks and Instructional Materials

Material Type

Textbook

Author

American Red Cross

Title

Responding to Emergencies

Edition/Version

1st

Publisher

StayWell

Year

2012

SECTION G - Diversity, Equity and Inclusivity

Course Codes (Admin Only)

CB00 State ID

CCC000209113

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

Yes

Only Pass/No Pass

No