

**KINES 6 Course Outline as of Fall 2022****CATALOG INFORMATION**

Dept and Nbr: KINES 6            Title: STND FIRST AID/CPR/AED  
 Full Title: Standard First Aid, CPR, and AED  
 Last Reviewed: 9/10/2018

<b>Units</b>	<b>Course Hours per Week</b>		<b>Nbr of Weeks</b>	<b>Course Hours Total</b>	
Maximum	1.00	Lecture Scheduled	1.00	17.5	Lecture Scheduled 17.50
Minimum	1.00	Lab Scheduled	1.00	4	Lab Scheduled 17.50
		Contact DHR	0		Contact DHR 0
		Contact Total	2.00		Contact Total 35.00
		Non-contact DHR	0		Non-contact DHR 0

Total Out of Class Hours: 35.00

Total Student Learning Hours: 70.00

Title 5 Category: AA Degree Applicable

Grading: Grade or P/NP

Repeatability: 00 - Two Repeats if Grade was D, F, NC, or NP

Also Listed As:

Formerly: HLE 6

**Catalog Description:**

This course teaches CPR, Automatic External Defibrillation (AED) and First Aid emergency response skills which enable participants to give immediate care to a person who has been injured or is experiencing a sudden illness. Upon completion of the course, participants will perform and demonstrate knowledge of adult, child and infant CPR, foreign body obstructed airway, AED, comprehensive victim assessment, treatment for severe bleeding, wound care, shock, burns, bone, joint and muscle injuries, heat and cold exposure, and sudden illness. Satisfies first-time and renewal certifications.

**Prerequisites/Corequisites:****Recommended Preparation:**

Eligibility for ENGL 100 or ESL 100

**Limits on Enrollment:****Schedule of Classes Information:**

Description: This course teaches CPR, Automatic External Defibrillation (AED) and First Aid emergency response skills which enable participants to give immediate care to a person who has

been injured or is experiencing a sudden illness. Upon completion of the course, participants will perform and demonstrate knowledge of adult, child and infant CPR, foreign body obstructed airway, AED, comprehensive victim assessment, treatment for severe bleeding, wound care, shock, burns, bone, joint and muscle injuries, heat and cold exposure, and sudden illness. Satisfies first-time and renewal certifications. (Grade or P/NP)

Prerequisites/Corequisites:

Recommended: Eligibility for ENGL 100 or ESL 100

Limits on Enrollment:

Transfer Credit: CSU;UC.

Repeatability: Two Repeats if Grade was D, F, NC, or NP

## **ARTICULATION, MAJOR, and CERTIFICATION INFORMATION:**

<b>AS Degree:</b>	<b>Area</b>	Effective:	Inactive:
<b>CSU GE:</b>	<b>Transfer Area</b>	Effective:	Inactive:
<b>IGETC:</b>	<b>Transfer Area</b>	Effective:	Inactive:
<b>CSU Transfer:</b>	Transferable	Effective: Fall 1981	Inactive:
<b>UC Transfer:</b>	Transferable	Effective: Fall 1981	Inactive:

**CID:**

**Certificate/Major Applicable:**

Both Certificate and Major Applicable

## **COURSE CONTENT**

**Student Learning Outcomes:**

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

1. Students perform adult, child and infant CPR (cardiopulmonary resuscitation), foreign body airway obstruction, and Automatic External Defibrillation (AED).
2. Students demonstrate first aid skills which include: developing an emergency action plan, comprehensive victim assessment, control of severe bleeding, wound care, treatment for shock, burns, bone, joint and muscle injuries, heat and cold exposure, and medical and cardiovascular emergencies.

**Objectives:**

The purpose of the CPR, AED and Standard First Aid course is to train participants in emergency response skills. Participants learn how to give immediate care to a person who has been injured or is experiencing a sudden illness.

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

1. Explain the early warning signs of and first aid for a heart attack.
2. List the risk factors for cardiovascular disease.
3. Perform adult, child, and infant Cardiopulmonary Resuscitation (CPR).
4. Perform adult, child, and infant foreign body airway obstruction (on a conscious and unconscious victim).
5. Use an Automatic External Defibrillator (AED) on an unconscious adult, child or infant.
6. Place an unconscious victim (who is breathing) in the recovery position.
7. Explain the importance of airway management when a person is unconscious.
8. Understand the legal aspects of administering CPR and first aid (i.e. Good Samaritan Laws,

- negligence and obtain consent).
9. Explain the importance of using personal protective equipment (face mask or shield and gloves) to prevent disease transmission.
  10. Create an emergency action plan (i.e. survey scene for safety, gain consent, assess chief complaint, conduct primary and secondary exams, obtain medical history and administer first aid).
  11. Recognize the signs and symptoms and administer first aid for medical and cardiovascular emergencies.
  12. Administer first aid to control external and internal bleeding.
  13. Provide first aid for open wounds, amputations and impaled objects.
  14. Describe the signs and symptoms and administer first aid for medical and cardiovascular emergencies (i.e. heart attack, angina, stroke, asthma, fainting, seizures, and diabetic emergencies).
  15. Administer first aid for thermal, chemical, and electrical burns.
  16. Provide first aid for bone, joint and muscle injuries (i.e. fractures, dislocations, sprains, and strains).
  17. Describe the signs and symptoms and administer first aid for heat related emergencies (i.e. heat cramps, heat exhaustion, and heat stroke).
  18. Explain the signs and symptoms and administer first aid for cold related emergencies (i.e. frost bite and hypothermia).

### **Topics and Scope:**

- I. Introduction to Cardiopulmonary Resuscitation (CPR) and Automatic External Defibrillation (AED)
  - A. Define CPR
  - B. Role of CPR vs AED
  - C. Overview of Emergency Medical Services (EMS) system
  - D. Leading causes of death in the United States
  - E. Physiology of heart disease
  - F. Early warning signs and first aid for a heart attack
  - G. Risk factors and prevention of cardiovascular disease
- II. Adult, Child, and Infant CPR
  - A. Assess an unconscious person\*
  - B. Airway management\*
  - C. Recovery position\*
  - D. CPR\*
  - E. Foreign body airway obstruction (conscious & unconscious) \*
  - F. Complications/special situations (impact injury, mouth-to-stoma, gastric distension/vomiting and compression only CPR)
  - G. Personal protective equipment (face mask/shield and gloves) \*
- III. Automatic External Defibrillator (AED)
  - A. Purpose of AED
  - B. Irregular heart rhythms AED can correct
  - C. How to use an AED (adult, children & infants)\*
  - D. Special considerations (water, medication patches, implanted defibrillator and trauma victims)
  - E. AED supplies
  - F. Location of AEDs (SRJC campus, community and workplace)
- IV. Overview of First Aid
  - A. Definition
  - B. Legal considerations

1. Good Samaritan laws
  2. Consent
  3. Negligence
  4. Battery
- C. Disease Precautions
1. Blood and airborne diseases
  2. Safety precautions: Personal protective equipment and hand washing\*
- V. Create an Emergency Action Plan
- A. Survey scene for safety\*
  - B. Primary exam (life threatening emergencies)\*
  - C. Chief complaint\*
  - D. Secondary exam (head-to-toe exam)\*
  - E. Medical history\*
  - F. Synthesize assessment data to identify scope of emergency medical services required and formulate treatment plan to provide care until more advanced medical personnel arrive on the scene\*
- VI. Shock
- A. Physiology
  - B. Signs and symptoms
  - C. Anaphylaxis
  - D. First aid
    1. Treatment for shock\*
    2. Epinephrine auto-injector\*
- VII. Bleeding
- A. External
    1. Arterial vs venous vs capillary
    2. Safety precautions
    3. First aid:
      - a. direct pressure\*
      - b. pressure bandage\*
      - c. improvised tourniquet\*
      - d. removing contaminated gloves\*
  - B. Internal
    1. Signs and symptoms
    2. First aid: RICE technique\*
- VIII. Wound Care
- A. Open wounds, amputations, avulsions, and impaled objects
  - B. Prevent infection
  - C. Tetanus vaccination/booster
  - D. First aid: dress and bandage soft tissue injuries\*
- IX. Burns
- A. Thermal
    1. Determine burn severity
    2. First aid for first, second and third-degree burns
  - B. Chemical
    1. First aid
    2. Poison Control Center
    3. Safety Data Sheets (workplace)
  - C. Electrical
    1. Scene safety
    2. First aid
- X. Bone, Joint and Muscle Injuries

A. Fractures, dislocations, sprains and strains

B. First aid:

1. Splint/immobilize shoulder, clavicle, upper arm, forearm, leg, knee and ankle with rigid, soft or anatomic splint\*
2. Figure 8 compression wrap for ankle\*
3. RICE technique\*

## XI. Medical and Cardiovascular Emergencies

A. Heart attack

1. Physiology/cause
2. Signs and symptoms
3. First aid

B. Angina

1. Physiology
2. Signs and symptoms
3. First aid

C. Stroke

1. Physiology
2. Signs and symptoms
3. Transient Ischemic Attacks (TIAs)
4. First aid

D. Asthma

1. Cause
2. Signs and symptoms
3. First aid

E. Fainting

1. Cause
2. Signs and symptoms
3. First aid

F. Seizure

1. Grand mal vs petit mal
2. Cause
3. Signs and symptoms
4. First aid

G. Diabetic emergencies

1. Physiology
2. Hyperglycemia vs hypoglycemia
3. Early warning signs
4. Risk factors
5. First aid

## XII. Environmental Emergencies

A. Heat related emergencies

1. Cause and prevention
2. Heat cramps/muscle spasms
  - a. signs and symptoms
  - b. first aid
3. Heat exhaustion
  - a. Signs and symptoms
  - b. First aid
4. Heat stroke
  - a. signs and symptoms
  - b. first aid

B. Cold related emergencies

1. Frostbite
  - a. signs and symptoms
  - b. first aid
2. Hypothermia
  - a. signs and symptoms
  - b. first aid

### XIII. Putting It All together: Practicing Scenarios Where Multiple Skills Will Be Assessed\*

\*These items are introduced in lecture, and the related skill is performed in the lab.

#### Assignment:

##### Lecture-related Assignments:

1. Read weekly textbook chapter(s), 1-4 chapters per week
2. Complete chapter review questions and emergency response scenarios for homework
3. Locate one newspaper/internet article about bystanders who responded to emergency medical situations, write up a summary and give presentation to class
4. Research location of AEDs on SRJC's campuses and in the community/workplace, write up a report and give presentation to class
5. Written exams: CPR and First Aid written exams (midterm and final)

##### Lab-related Assignments:

1. CPR skills exam: adult, child & infant CPR, foreign body airway obstruction, and Automatic External Defibrillator (AED)
2. First aid skills exam: comprehensive victim exams (primary and secondary), bleeding, shock, epinephrine auto injector, bandaging, splinting, and removing soiled gloves

#### Methods of Evaluation/Basis of Grade:

**Writing:** Assessment tools that demonstrate writing skills and/or require students to select, organize and explain ideas in writing.

Emergency response scenarios; chapter review questions, newspaper/internet article summary, AED report	Writing 5 - 10%
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**Problem Solving:** Assessment tools, other than exams, that demonstrate competence in computational or non-computational problem solving skills.

Emergency response scenarios/role playing, AED report presentation	Problem solving 5 - 10%
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**Skill Demonstrations:** All skill-based and physical demonstrations used for assessment purposes including skill performance exams.

CPR and First Aid skills exams	Skill Demonstrations 30 - 50%
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**Exams:** All forms of formal testing, other than skill performance exams.

CPR and First Aid written exams

Exams  
30 - 50%

**Other:** Includes any assessment tools that do not logically fit into the above categories.

None

Other Category  
0 - 0%

**Representative Textbooks and Materials:**

First Aid, CPR and AED Standard. 7th ed. American Academy of Orthopaedic Surgeons. Jones and Bartlett Learning. 2017