

BUTTE COLLEGE

COURSE OUTLINE

I. CATALOG DESCRIPTION

KIN 11 - First Aid and CPR

3 Unit(s)

Prerequisite(s): NONE

Recommended Prep: NONE

Transfer Status: CSU

42.5 hours Lecture

25.5 hours Lab

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. (C-ID KIN 101).

II. OBJECTIVES

Upon successful 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.

III. COURSE CONTENT

A. Unit Titles/Suggested Time Schedule

		Lecture
<u>Topics</u>		<u>Hours</u>
1. Body Systems		3.50
2. Victim Assessment		3.50
3. Legal Issues		3.50
4. Emergency Action Plan		3.50
5. Care for emergencies: breathing, cardiac, choking, bleeding, shock, anaphylaxis and special circumstances (sudden illness, poisoning, bites, stings, and heat and cold emergencies)		4.00
6. AED – Automatic External Defibrillator		3.50
7. Internal/Soft Tissue injuries and burns		3.50
8. Musculoskeletal injuries: head, spine, bone, joint, and extremities		3.50
9. Splinting and immobilization		3.50
10. Moving victims		3.50
11. People with special needs		3.50
12. Healthy lifestyles and safety measures		3.50
Total Hours		42.50

Lab

<u>Topics</u>	<u>Hours</u>
1. Body Systems	2.00
2. Victim Assessment	2.00
3. Emergency Action Plan	2.00
4. Care for emergencies: breathing, cardiac, choking, bleeding, shock, anaphylaxis and special circumstances (sudden illness, poisoning, bites, stings, and heat and cold emergencies)	5.50
5. AED – Automatic External Defibrillator	2.00
6. Internal/Soft Tissue injuries and burns	2.00
7. Musculoskeletal injuries: head, spine, bone, joint, and extremities	2.00
8. Splinting and immobilization	3.00
9. Moving victims	2.00
10. People with special needs	1.00
11. Healthy lifestyles and safety measures	2.00
Total Hours	25.50

IV. METHODS OF INSTRUCTION

- A. Lecture
- B. Class Activities
- C. Homework: Students are required to complete two hours of outside-of-class homework for each hour of lecture
- D. Discussion
- E. Demonstrations
- F. Multimedia Presentations

V. METHODS OF EVALUATION

- A. Projects
- B. Demonstration
- C. Class participation
- D. Written Assignments
- E. Written or Oral Examinations
- F. Practical Evaluations
- G. Written and practical certification tests
- H. Practical skill tests designed to evaluate the students ability to perform practical skills

VI. EXAMPLES OF ASSIGNMENTS

- A. Reading Assignments
 - 1. Read a minimum of two articles describing anaphylactic shock, including signs, symptoms and treatment. Be prepared to discuss your findings in small groups.
 - 2. Research the warning signs and symptoms of a heart attack. Be prepared to discuss the initial steps to take for treatment.
- B. Writing Assignments
 - 1. Write a 2-3 page essay describing the actions to take for both conscious and unconscious choking victims. Cover adult, child, and infant age groups.
 - 2. In a one page short write describe three ways to reduce the risk of disease transmission while performing CPR. Plan to discuss in small groups.
- C. Out-of-Class Assignments
 - 1. View several videos online that demonstrate when and how to move a victim in an

emergency situation. Note the differences in each of the scenarios and be prepared to share in class.

2. Review techniques and protocols for both one and two person CPR and AED rescue. Be prepared to discuss when each technique and protocol is appropriate.

VII. **RECOMMENDED MATERIALS OF INSTRUCTION**

Materials Other Than Textbooks:

- A. American Heart Association or American Red Cross textbooks, manuals, and support materials.

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