

Las Positas College
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Course Outline for KIN 14

RESPONDING TO EMERGENCIES: COMPREHENSIVE FIRST AID/CPR/AED

Effective: Fall 2018

I. CATALOG DESCRIPTION:

KIN 14 — RESPONDING TO EMERGENCIES: COMPREHENSIVE FIRST AID/CPR/AED — 3.00 units

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.

3.00 Units Lecture

Grading Methods:

Letter Grade

Discipline:

- Kinesiology

	MIN
Lecture Hours:	54.00
Expected Outside of Class Hours:	108.00
Total Hours:	162.00

II. NUMBER OF TIMES COURSE MAY BE TAKEN FOR CREDIT: 1

III. PREREQUISITE AND/OR ADVISORY SKILLS:

IV. MEASURABLE OBJECTIVES:

Upon completion of this course, the student should be able to:

- Describe the cardiovascular system
- Demonstrate how to check a conscious person including a secondary assessment
- Assess victims of injury and medical emergencies and apply emergency action plan
- Discuss the Good Samaritan Laws and explain Scope of Practice
- Demonstrate cardiopulmonary resuscitation and the use of AED
- Recognize the signals of sudden illness, including poisoning, bites and stings and heat and cold emergencies, and describe how to care for them
- Recognize life-threatening bleeding and demonstrate how to control it
- Describe the signs and symptoms associated with common medical emergencies
 - Demonstrate the first aid care that is needed in common medical emergencies
- Demonstrate bandaging and splinting techniques
- Demonstrate emergency rescue moves
- Evaluate their lifestyle for health and safety concerns and set personal goals for achieving a safe and healthy lifestyle
- Explain the basics of pregnancy and describe care needed in emergency childbirth

V. CONTENT:

- Body Systems
 - The Human Body
 - The Cardiovascular System
 - Anatomical Terms
- Victim Assessment
 - Checking the Person
 - Scene Safety
 - Disease Prevention
 - Checking An Unconscious Person
 - Checking a Conscious Person
 - Secondary Assessment
- Legal Issues
 - Good Samaritan Laws
 - Scope of Practice
 - Obtaining Consent
 - Implied Consent
- Emergency Action Plan
 - Responding to Emergencies

2. When to Summon More Advanced Medical Care
3. Understanding the EMS System
- E. Care For Emergencies
 1. Breathing
 2. Cardiac
 3. Choking
 4. Bleeding
 5. Shock
 6. Anaphylaxis
 7. Special Circumstances
 - a. Sudden Illness
 - b. Poisoning
 - c. Bites
 - d. Stings
 - e. Heat and Cold Related Emergencies
 - f. Anaphylaxis
- F. AED
 1. Using an AED
 2. Precautions For Use in Cardiac Emergencies
 3. Adult
 4. Child
 5. Infant
 6. Special Circumstances
- G. Internal/Soft Tissue Injuries and Burns
 1. Wounds
 - a. Open
 - b. Closed
 2. Controlling Bleeding
 3. Types of Burns
 4. Chest Injuries
 5. Abdominal Injuries
 6. Nose and Mouth Injuries
- H. Musculoskeletal Injuries
 1. Head
 2. Spine
 3. Bone
 4. Joint
 5. Extremities
- I. Splinting and Immobilization
 1. Soft Splints
 2. Rigid Splints
 3. Anatomical Splints
- J. Moving Victims
 1. Walking Assist
 2. 2-Person Seat Carry
 3. Clothes Drag
 4. Blanket Drag
- K. People With Special Needs
 1. Children
 2. Elderly
 3. Emergency Childbirth
 4. Abuse
 5. Language Barriers
- L. Healthy Lifestyles and Safety Measures
 1. Reducing the Risk For Injury
 2. Safety at Work
 3. Safety at Home
 4. Vehicle Safety
 5. Fire Safety
 6. Lifestyle Risks

VI. METHODS OF INSTRUCTION:

- A. **Lecture** -
- B. **Classroom Activity** -
- C. **Simulations** -

VII. TYPICAL ASSIGNMENTS:

- A. Reading
 1. Read chapter on Cardiac Emergencies
- B. Perform skill proficiency demonstrations
 1. Demonstrate how to splint an injured arm
- C. Explain how to respond to specific scenarios
 1. Explain initial assessment, primary assessment, and secondary assessment for a conscious adult.

VIII. EVALUATION:

- A. **Methods**
 1. Exams/Tests
 2. Class Participation
 3. Other:
 - a. Skill Proficiency
- B. **Frequency**
 1. Minimum of three written exams/test with a score of 80% or better to receive certification.
 2. Attend all lectures and participate in all skill sessions.
 3. Demonstrate proficiency in all required skills/scenarios according to course standards to receive certification.

IX. TYPICAL TEXTS:

1. American Red Cross. *Responding to Emergencies: Comprehensive First Aid/CRP/AED*. First ed., American Red Cross, 2017.

2. American Academy of Orthopaedic Surgeons. *First Aid, CPR, and AED Advanced*. 7th ed., Jones & Bartlett Learning, 2017.

X. OTHER MATERIALS REQUIRED OF STUDENTS: