



KIN 11 - First Aid and CPR

Catalog Description

Transfer Status: CSU
Unit(s): 3.00
Lecture: 42.50 Contact hours/85.00 Out of class hours/127.50 Total hours/2.50 Unit(s)
Lab: 25.50 Contact hours/0.00 Out of class hours/25.50 Total hours/0.50 Unit(s)
Total: 68.00 Contact hours/85.00 Out of class hours/153.00 Total hours/3.00 Unit(s)
Course Description: 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).

Objectives

- Upon successful completion of this course, the student should 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 AED.
 - 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

Topic Titles / Suggested Time Topic		
<u>Lecture</u>		
<u>Topics</u>		<u>Lec Hrs</u>
Body Systems		3.50
Victim Assessment		3.50
Legal Issues		3.50
Emergency Action Plan		3.50
Care for emergencies: breathing, cardiac, choking, bleeding, shock, anaphylaxis and special circumstances (sudden illness, poisoning, bites, stings, and heat and cold emergencies)		4.00
AED – Automatic External Defibrillator		3.50
Internal/Soft Tissue injuries and burns		3.50
Musculoskeletal injuries: head, spine, bone, joint, and extremities		3.50
Splinting and immobilization		3.50
Moving victims		3.50
People with special needs		3.50
Healthy lifestyles and safety measures		3.50
Total Hours:		42.50
<u>Lab</u>		
<u>Topics</u>		<u>Lab Hrs</u>
Body Systems		2.00
Victim Assessment		2.00
Emergency Action Plan		2.00
Care for emergencies: breathing, cardiac, choking, bleeding, shock, anaphylaxis and special circumstances (sudden illness, poisoning, bites, stings, and heat and cold emergencies)		5.50
AED – Automatic External Defibrillator		2.00
Internal/Soft Tissue injuries and burns		2.00
Musculoskeletal injuries: head, spine, bone, joint, and extremities		2.00
Splinting and immobilization		3.00
Moving victims		2.00
People with special needs		1.00

Topics**Lab Hrs**

Healthy lifestyles and safety measures

2.00

Total Hours: 25.50**Methods of Instruction**

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

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, Practical skill tests designed to evaluate the students ability to perform practical skills

Examples of Assignments**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.

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.

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.

Recommended Materials of Instruction

AAOS, ACEP, Thygerson, A.L., & Thygerson, S.M. (2017). Advanced First Aid, CPR, and AED. *Jones and Bartlett, 7th.*

Minimum Qualifications

Emergency Medical Technologies
Health (Masters Required)
Physical Education (Masters Required)

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