

Course Syllabus

Department: Physical Education & Integrated Health Care

Date: November 2011

I. Course Prefix and Number: PE 214

Course Name: Advanced First Aid, CPR & AED

Credit and Contact Hours: 3 credit, 3 contact

Catalog Description Including Pre- and Co-Requisites:

This course will teach the student how to recognize an emergency and how to respond. The student will be prepared to make appropriate decisions regarding first aid care and how to provide care for injuries or sudden illness until professional medical help arrives. Upon completion of this course, student will be eligible for National Safety Council Certification in Advanced First Aid, CPR and AED.

II. Course Outcomes and Objectives:

Student Learning Outcomes: The student will:

- 1) Learn how to prevent medical emergencies from occurring.
- 2) Learn all of the steps that need to be taken prior to delivering care during a medical emergency.
- 3) Learn the normal functions of the human body to know when the body is not functioning properly.
- 4) Learn how to assess a victim during a medical emergency to determine what care is needed.
- 5) Learn to perform CPR on adult, child, and infant victims.
- 6) Learn to use an AED on adult, child and infant victims.
- 7) Learn how to manage breathing emergencies in adult, child, and infant victims.
- 8) Learn how to manage soft tissue injuries and bleeding.
- 9) Learn how to manage musculoskeletal injuries.
- 10) Learn how to care for a variety of forms of sudden illness.

Relationship To Academic Programs and Curriculum: This course is required for Physical Education and Athletic Training majors. Additionally, this course would be appropriate to fulfill the physical education requirement in other degree programs.

College Learning Outcomes Addressed by the Course:

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|---|---|
| <input type="checkbox"/> writing | <input checked="" type="checkbox"/> ethics/values |
| <input checked="" type="checkbox"/> oral communications | <input checked="" type="checkbox"/> citizenship |
| <input checked="" type="checkbox"/> reading | <input type="checkbox"/> global concerns |
| <input type="checkbox"/> mathematics | <input type="checkbox"/> information resources |
| <input checked="" type="checkbox"/> problem-solving | <input checked="" type="checkbox"/> professional competency |
| <input type="checkbox"/> computer literacy | |

III. Instructional Materials and Methods:

Types of Course Materials: Text book (comes with course DVD) will be required

Methods of Instruction (e.g. Lecture, Labs, Seminars ...): Lecture w/ accompanying demonstration, active class participation in first aid, CPR, AED skills

IV. Assessment Measures (Summarize how the student learning outcomes will be assessed): The Physical Education and Integrated Health Care Department believes each instructor should determine the grading system and evaluation methods that will be used in their section of the course. These methods of evaluation must be communicated through the Course Outline that is given to students the first week of the semester. The primary method for assessment will be through written certification exams and through a practical examination where the student must demonstrate proficiency in all of the first aid, CPR, and AED skills.

V. General Outline of Topics Covered:

Acting in an Emergency
The Human Body
Assessing the Victim
Cardiopulmonary Resuscitation (CPR)
Automated External Defibrillators (AED)
Airway Obstructions
Controlling Bleeding

Shock
Wounds and Soft Tissue Injuries
Burns
Head and Spinal Injuries
Chest, Abdominal and Pelvic Injuries
Bone, Joint and Muscle Injuries
Extremity Injuries and Splinting
Sudden Illness
Poisoning
Substance Misuse and Abuse
Bites and Stings
Cold and Heat Emergencies
Rescuing and Moving Victims