



I. GENERAL COURSE INFORMATION

Subject and Number: First Aid 1
Descriptive Title: First Aid, Cardiopulmonary Resuscitation (CPR) and Basic Emergency Care
Course Disciplines: Physical Education or Health or Nursing
Division: Health Sciences and Athletics

Catalog Description:

This course follows the American Red Cross Certification Program for First Aid, Basic Life Support (infant, child, adult and two person CPR), and Automated External Defibrillation (AED). The course content includes an emphasis on prevention of injuries, safety education, and skills necessary to sustain life in the event of trauma or sudden illness. Demonstration of skill proficiency and passing written exams with 80% or better will qualify student for certification in American Red Cross First Aid, Community CPR, and Professional Rescuer CPR.

Note: Certifying agencies charge an administrative fee for students who pass the exams and wish to receive certification. Obtaining certification documentation from these agencies is optional. Students may be required to obtain proof of certification for other needs or outside agency requirements. El Camino College is not a certifying agency.

Conditions of Enrollment:

You have no defined prerequisites.

Course Length:	X Full Term	Other (Specify number of weeks):
Hours Lecture:	3.00 hours per week	TBA
Hours Laboratory:	0 hours per week	TBA
Course Units:	3.00	

Grading Method: Letter

Credit Status: Associate Degree Credit

Transfer CSU: X Effective Date: Prior to July 1992

Transfer UC: X Effective Date: Prior to July 1992

General Education:

El Camino College:

CSU GE:

IGETC:

II. OUTCOMES AND OBJECTIVES

A. COURSE STUDENT LEARNING OUTCOMES (The course student learning outcomes are listed below, along with a representative assessment method for each. Student learning outcomes are not subject to review, revision or approval by the College Curriculum Committee)

1. Students will demonstrate correct procedures in Cardiopulmonary Resuscitation and Automated External Defibrillation to achieve American Red Cross Certification.
2. Student will recognize signs of conscious choking and utilize appropriate methods to clear the airway.
3. Student will recognize and evaluate a bleeding emergency and take appropriate measures to control the bleeding.

The above SLOs were the most recent available SLOs at the time of course review. For the most current SLO statements, visit the El Camino College SLO webpage at <http://www.elcamino.edu/academics/slo/>.

B. Course Student Learning Objectives (The major learning objective for students enrolled in this course are listed below, along with a representative assessment method for each)

1. Identify potential safety hazards in and around the home and discuss possible corrective measures.
Written homework
2. Exhibit an understanding of body functions and interrelationships.
Matching Items
3. Explain how the Emergency Medical System (EMS) works and the citizen responders' role.
Written homework
4. Identify and differentiate between the signals of respiratory distress and cardiac arrest.
Performance exams
5. Identify hemorrhage and demonstrate how to control it.
Performance exams
6. Describe the signals of various soft tissue and musculoskeletal injuries and demonstrate how to care for them with bandaging and splinting.
Performance exams
7. Describe when and how to move a victim in an emergency situation.
Performance exams
8. Identify the signals and first aid care for medical emergencies including: seizures, poisoning, bites, stings, asthma and diabetes.
Written homework
9. Identify weather hazards and describe emergency care and preventive techniques.
Multiple Choice
10. Demonstrate effective rescue breathing and CPR on an infant, child and adult until advanced emergency medical help arrives.
Performance exams
11. Describe and demonstrate how to use an automated external defibrillator (AED).
Performance exams
12. Demonstrate how to care for a conscious and unconscious infant, child and adult with an obstructed airway.
Performance exams
13. Demonstrate how to perform two-rescuer CPR on an adult, child and infant victim.
Performance exams

OUTLINE OF SUBJECT MATTER (Topics are detailed enough to enable a qualified instructor to determine the major areas that should be covered as well as ensure consistency from instructor to instructor and semester to semester.)

Lecture or Lab	Approximate Hours	Topic Number	Major Topic
Lecture	2	I	Introduction to First Aid A. Safety B. Prevention of disease transmission 1. Healthy lifestyle C. General procedures D. Legal aspects E. People with special needs
Lecture	3	II	Anatomy and Physiology A. Circulatory B. Respiratory C. Musculature D. Skeletal E. Nerves and skin F. Gastrointestinal
Lecture	3	III	Victim Assessment A. Primary survey B. Second survey C. Vital signs D. 911 systems
Lecture	10	IV	Basic Life Support (Adults, Children, Infants) A. Conscious choking B. Rescue breathing C. Unconscious choking D. CPR
Lecture	3	V	Professional rescuer (Adults) A. Two person CPR B. Modified jaw thrust C. Resuscitation masks D. Automated external defibrillator (AED)
Lecture	2	VI	Bleeding and Shock A. Hemorrhage (internal and external) B. Bleeding control C. Shock and anaphylaxis
Lecture	2	VII	Wounds and Soft Tissue Injuries A. Closed wounds B. Open wounds C. Infection prevention
Lecture	3	VIII	Musculoskeletal Injuries A. Fractures B. Sprains C. Strains D. Dislocations

Lecture	3	IX	Bandaging and Splinting A. Dressings B. Bandages C. Splints
Lecture	3	X	Head and Spine Injuries A. Skull B. Brain C. Face D. Neck and spine
Lecture	3	XI	Chest, Abdomen and Pelvic Injuries A. Ribs B. Abdomen C. Pelvis D. Internal organs
Lecture	3	XII	Sudden Illness A. Heart attacks B. Cardiac arrest C. Strokes D. Asthma E. Seizures F. Diabetes G. Chronic obstructive pulmonary disease
Lecture	3	XIII	Poisoning A. Ingested B. Inhaled C. Injected D. Absorbed
Lecture	2	XIV	Bites and Stings A. Animals B. insects C. Spiders D. Snakes E. Marine life
Lecture	2	XV	Cold Related Illnesses A. Hypothermia B. Immersion hypothermia C. Frostbite
Lecture	2	XVI	Heat Related Illnesses A. Heat stroke B. Heat exhaustion C. Heat cramps
Lecture	2	XVII	Wilderness First Aid A. Altitude sickness B. Lightning C. Disaster preparedness
Lecture	3	XVIII	Moving and Transport A. Motor vehicle B. Fire

		C. Hazardous materials D. Triage
Total Lecture Hours	54	
Total Laboratory Hours	0	
Total Hours	54	

IV. PRIMARY METHOD OF EVALUATION AND SAMPLE ASSIGNMENTS

A. PRIMARY METHOD OF EVALUATION:

Skills demonstrations

B. TYPICAL ASSIGNMENT USING PRIMARY METHOD OF EVALUATION:

Assemble a comprehensive first aid kit and justify the components. Present to instructor.

C. COLLEGE-LEVEL CRITICAL THINKING ASSIGNMENTS:

1. In a one-page paper analyze and prioritize the appropriate steps to provide basic emergency care during a potential drowning.
2. During a cardiac emergency, evaluate the necessary actions to be taken and explain in a one-page written report.

D. OTHER TYPICAL ASSESSMENT AND EVALUATION METHODS:

Essay exams
Performance exams
Objective Exams
Quizzes
Reading reports
Written homework
Class Performance
Homework Problems
Multiple Choice
Completion
Matching Items
True/False
Other (specify):
open ended questions

V. INSTRUCTIONAL METHODS

Demonstration
Discussion
Lecture
Multimedia presentations

Note: In compliance with Board Policies 1600 and 3410, Title 5 California Code of Regulations, the Rehabilitation Act of 1973, and Sections 504 and 508 of the Americans with Disabilities Act, instruction delivery shall provide access, full inclusion, and effective communication for students with disabilities.

VI. WORK OUTSIDE OF CLASS

Study
Skill practice
Required reading
Written work

Estimated Independent Study Hours per Week: 6

VII. TEXTS AND MATERIALS

A. UP-TO-DATE REPRESENTATIVE TEXTBOOKS

American College of Emergency Physicians. First Aid, CPR, and AED Advanced. 7th Edition, Jones and Bartlett Learning, 2017.

B. ALTERNATIVE TEXTBOOKS

C. REQUIRED SUPPLEMENTARY READINGS

D. OTHER REQUIRED MATERIALS

VIII. CONDITIONS OF ENROLLMENT

A. Requisites (Course and Non-Course Prerequisites and Corequisites)

Requisites	Category and Justification
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B. Requisite Skills

Requisite Skills

C. Recommended Preparations (Course and Non-Course)

Recommended Preparation	Category and Justification
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D. Recommended Skills

Recommended Skills

E. Enrollment Limitations

Enrollment Limitations and Category	Enrollment Limitations Impact
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Course created by Donald Jurk on 11/01/1962.

BOARD APPROVAL DATE:

LAST BOARD APPROVAL DATE: 01/21/2020

Last Reviewed and/or Revised by: Traci Granger

Date: 10/1/2019

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