



## MASTER COURSE OUTLINE

A. HLTH 1140 First Aid and Cardiopulmonary Resuscitation (CPR)

B. COURSE DESCRIPTION:

This course provides basic principles, knowledge and skills necessary in an emergency situation to help sustain life, reduce pain and minimize the effects of injury and sudden illness. Standard first aid, infant, child, adult (one and two person) cardiopulmonary resuscitation (CPR) with hands on application are covered for certification. Recognizing bone and tissue injuries, head trauma (including concussion guidelines), bleeding emergencies, splinting, and sudden illnesses are also covered. Students will be certified by the American Heart Association (ASA) in first aid and CPR.  
**(2 Cr – 2 lect, 0 lab)**

C. \*Core Theme: Critical Thinking

D. RIVERLAND INSTITUTIONAL LEARNING OUTCOMES:

This course addresses the following Riverland Institutional Learning Outcome(s):

- ILO 1: critical thinking (*Core Theme Goal 2*)
- ILO 2: awareness of the larger global community (*Core Theme Goal 7 or 8*)
- ILO 3: ethical, engaged citizenship (*Core Theme Goal 9 or Goal 10*)
- ILO 4: communication and collaboration (*Discipline Goal 1 and by any learning outcome(s) involving communication or collaboration*)

E. MAJOR CONTENT AREAS:

- Principles and skills relating to first aid
- Deciding to act
- Assessing victim
- Rescue breathing- infant, child and adult
- Recognition of cardiac arrest
- Automated external defibrillator
- Injuries (head trauma, common activity related injuries)
- Concussion guidelines and skills lab
  - MSHSL, King Devick Mayo Clinic, SCAT 5
- Bleeding control
- Burns

- Bites and stings
- Immobilization – muscle, bone, and joint injuries
- Allergic reactions
- Sudden illnesses
- Chain of survival
- Normal heart and lung function
- Coronary artery disease
- Recognize a heart attack
- Warning signs and risk factors of a stroke
- Foreign-body airway obstruction (choking)
- CPR techniques
- Performance guidelines and how to use them
  - One and two person CPR: adult
  - Obstructed airway: conscious adult
  - Obstructed airway: if victim is or becomes unconscious
- CPR and airway obstruction management in infants, children and adults

F. GOAL TYPES, OBJECTIVES, AND OUTCOMES:

<u>GOAL</u>	<u>OBJECTIVES</u> Students will be able to	<u>OUTCOMES</u> The student will successfully
<u>*Critical Thinking</u>	gather factual information and apply it to a given problem in a manner that is relevant, clear, comprehensive, and conscious of possible bias in the information selected.	1. demonstrate and describe proper techniques for administering first aid in various emergency situations.
<u>CS</u>	understand symptoms and signals of heart attack victims.	1. recognize and describe symptoms and signals and appropriate action for heart attack victims.
<u>CS</u>	understand skills and techniques of CPR and rescue breathing for infant, child and adult (one and two person) victims.	1. demonstrate principles skills and techniques of CPR and rescue breathing using American Heart Association Standards for certification.
<u>CS</u>	recognize possible head trauma and understand assessing, treatment and symptoms of concussions.	1. describe symptoms and actions taken for head trauma. 2. demonstrate knowledge of concussion assessment using MSHSL, King Devick Mayo Clinic and SCAT 5 concussion guidelines.
<u>CS</u>	understand sudden illnesses and their symptoms.	1. describe symptoms of cardiac arrest, coronary artery disease, and stroke.
<u>CS</u>	understand methods used for bleeding control.	1. demonstrate methods used to control bleeding.
<u>CS</u>	understand treatment used for different types of burns.	1. demonstrate applying dressings for different types of burns.
<u>CS</u>	understand symptoms and treatment of bites and stings.	1. describe symptoms and treatment of bites and stings.
<u>CS</u>	understand methods used for immobilization and splinting.	1. describe basic immobilization of muscle, bone and joint injuries.

<u>CS</u>	understand symptoms of allergic reactions.	1. describe procedures to take in case of allergic reaction.
<u>CS</u>	understand signs and symptoms of internal bleeding.	1. describe procedures if internal bleeding is suspected.
<u>CS</u>	demonstrate principal skills and techniques of CPR and first aid related care.	1. perform and pass all skills and written exam for certification.

G. SPECIAL INFORMATION:

This course may require use of the Internet, the submission of electronically prepared documents and the use of a course management software program. Students who have a disability and need accommodations should contact Accessibility Services at the beginning of the semester. This information will be made available in alternative format, such as Braille, large print, or current media, upon request.

H. COURSE CODING INFORMATION:

Course Code D/Class Maximum 30; Letter Grade

Revision date: 02/04/11; 03/19/18; 03/28/24

AASC Approval date: 03/22/11; 04/17/18; 04/16/24

\*These five MnTC Goals have been identified as Riverland Community College Core Themes. Every course in the Riverland Community College curriculum shall meet outcomes from one of these themes.

\*\*These five MnTC Goals have been identified as Riverland Community College Disciplines. Riverland's MnTC courses also shall meet outcomes from a Discipline Area.

NOTE: The Minnesota Transfer Curriculum "10 Goal Areas of Emphasis" are reflected in the five required discipline areas and five core themes noted in the Riverland Community College program of study guide and/or college catalog.

<b>*Riverland Community College Core Themes</b>	<b>MnTC Goal Number</b>
Critical Thinking (CT)	<b>2</b>
Human Diversity (HD)	<b>7</b>
Global Perspective (GP)	<b>8</b>
Ethical and Civic Responsibility (EC)	<b>9</b>
People and the Environment (PE)	<b>10</b>

<b>**Riverland Community College Discipline Areas</b>	<b>MnTC Goal Number</b>
Communication (CM)	<b>1</b>
Natural Sciences (NS)	<b>3</b>
Mathematics/Logical Reasoning (MA)	<b>4</b>
History and the Social & Behavioral Sciences (SS)	<b>5</b>
Humanities and Fine Arts (HU)	<b>6</b>

Riverland