

MASTER COURSE OUTLINE

A. HLTH 1130 American Heart Association CPR and First Aid Certification

B. COURSE DESCRIPTION:

This course includes instruction of adult, child, and infant for rescue breathing, airway obstruction, and one and two man Cardiopulmonary Resuscitation (CPR) and standard first aid. Topics covered are: obstructed airway, rescue breathing, cardiopulmonary resuscitation, injuries (soft and hard tissue), bleeding, emergencies, splinting, and sudden illness. Students will be instructed to use breathing devices, specifically the pocket mask and the bag-valve mask. This course is certified by the American Heart Association.
(1 Cr – 1 lect, 0 lab)

C. **Core Theme: Critical Thinking

D. MAJOR CONTENT AREAS:

- Safety
- Normal heart and lung anatomy function
- Coronary artery disease
- Recognition of cardiac arrest
- Stroke: Warning signs and risk factors
- Obstructed airway/foreign-body obstruction-infant, child and adult
- Rescue breathing-infant, child & adult
- Breathing devices
- Automated external defibrillator
- Principles and skills relating to first aid
- Allergic reactions
- Bleeding control
- Immobilization—muscle, bone, and joint injuries

E. GOAL TYPES, OBJECTIVES, AND OUTCOMES:

<u>GOAL</u>	<u>OBJECTIVES</u>	<u>OUTCOMES</u>
** <u>Critical Thinking</u>	Students will be able to gather factual information and apply it to a given problem in a manner that relevant, clear, comprehensive, and conscious of possible bias in the information selected.	1. demonstrate and describe proper technique for emergency procedures following airway obstruction for infant, child and adult (conscious and unconscious).
<u>CS</u>	understand the importance of scene safety, barrier/breathing devices and personal	1. demonstrate the use of barrier/breathing devices and

	protective equipment.	<ul style="list-style-type: none"> 2. describe the importance of scene safety to the patient and the rescuer.
<u>CS</u>	understand normal heart and lung function, warning signs of heart attack, coronary artery disease and stroke and when to use an automated external defibrillator.	<ul style="list-style-type: none"> 1. describe signs of normal and abnormal heart and lung functions. 2. demonstrate use of automated external defibrillator in appropriate scenario using American Heart Association Standards.
<u>CS</u>	understand rescue breathing and proper techniques to use on infant, child and adult.	<ul style="list-style-type: none"> 1. demonstrate proper CPR techniques for infant, child and adult using American Heart Association Standards.
<u>CS</u>	understand the importance of accident prevention and how to meet the needs when emergency first aid care is needed.	<ul style="list-style-type: none"> 1. describe first aid procedures for various scenarios, when to treat and when to call 911.
<u>CS</u>	understand of personal protective equipment (PPE) and its use.	<ul style="list-style-type: none"> 1. demonstrate use of proper PPE.
<u>CS</u>	understand types of allergic reactions.	<ul style="list-style-type: none"> 1. describe procedures to take in case of allergic reaction.
<u>CS</u>	understand methods used for bandaging and splinting.	<ul style="list-style-type: none"> 1. demonstrate basic immobilization of muscle, bone and joint injuries. 2. demonstrate methods used for external bleeding and burns.
<u>CS</u>	understand signs and symptoms of internal bleeding.	<ul style="list-style-type: none"> 1. describe procedures if internal bleeding is suspected.
<u>CS</u>	understand all theory and application of CPR and first aid.	<ul style="list-style-type: none"> 1. demonstrate proficiency in CPR and first aid to earn American Heart Association Certification.

F. 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 the instructor or the Student Success Center 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.

G. COURSE CODING INFORMATION:

Course Code D/Class Maximum 30; Letter Grade

Revision date: 11/17/10

AASC Approval date: 12/20/10

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

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

*These five MnTC Goals have been identified as Riverland Community College Disciplines.

** These five MnTC Goals have been identified as Riverland Community College Core Themes.

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.