KINS 15: FIRST AID & CPR/ AED

Foothill College Course Outline of Record

Heading	Value
Effective Term:	Summer 2023
Units:	1
Hours:	1 lecture, 1 laboratory per week (24 total per quarter)
Advisory:	UC transfer credit is limited for some KINS courses—please see assist.org for details; not open to students with credit in PHED 15 or 66.
Degree & Credit Status:	Degree-Applicable Credit Course
Foothill GE:	Non-GE
Transferable:	CSU/UC
Grade Type:	Letter Grade (Request for Pass/No Pass)
Repeatability:	Not Repeatable

Student Learning Outcomes

- Demonstrate knowledge in emergency cardiac care and first aid
- Qualify for American Red Cross certification in Adult and Pediatric First Aid/CPR/AED

Description

Provides the layperson with the knowledge and skills to respond to an emergency. Certification opportunity in First Aid and CPR/AED.

Course Objectives

The student will be able to:

1. Respond to emergency situations, assessing victims and providing critical life support
2. Demonstrate knowledge of the anatomy and physiology of the human body
3. Demonstrate procedures for adult and child basic life support
4. Assess and demonstrate safe techniques for bleeding control and prevention of shock
5. Evaluate and manage head wounds
6. Identify symptoms of poisoning and describe preventions
7. Describe heat and cold related emergencies and demonstrate first response techniques
8. Demonstrate how to care for a muscle, bone, or joint injury

Course Content

1. Respond to emergency situations, assess victims
   a. Describe factors for bystander intervention
   b. Demonstrate scene survey at emergency site
   c. Demonstrate safety precautions before intervention
   d. List ways to desensitize yourself while helping a victim
   e. Demonstrate recovery position and H.A.I.N.E.S.
2. Demonstrate knowledge of anatomy and physiology
   a. Describe the role of nervous system in reaction to an emergency
   b. Identify the major components of skeletal system
   c. Demonstrate the ability to monitor pulse at five locations in the body
3. Demonstrate procedures for adult and child basic life support
   a. Demonstrate and practice conscious and unconscious adult and child airway obstruction techniques
   b. Demonstrate adult and child rescue breathing
   c. Identify differences between adult and child basic life support
   d. Describe and demonstrate when and how to perform CPR and use AED for adult or child
4. Assess and demonstrate safe techniques for bleeding control and prevention of shock
   a. Demonstrate the ability to control bleeding and apply pressure
   b. Describe safety in protecting yourself from blood borne pathogens
   c. Demonstrate actions for immediate response to shock
5. Evaluate and manage head wounds
   a. Concussion
   b. Bleeding
   c. Embedded object
6. Identify symptoms of poisoning and describe prevention standards
   a. Describe the differences and symptoms of poisoning frequency vs. poisoning severity
   b. Identify the symptoms and treatment for alcohol poisoning
   c. Describe immediate plan for ingested poisonous substances
   d. Identify poison prevention standards
7. Describe heat and cold related emergencies and demonstrate first response techniques
   a. Describe and demonstrate immediate response to heat injuries
   b. Describe emergency response for hypothermia and frostbite

Lab Content

1. Respond to emergency situations, assess victims
   a. Demonstrate scene survey at emergency site
   b. Demonstrate safety precautions before intervention
   c. Demonstrate recovery position and H.A.I.N.E.S.
2. Demonstrate procedures for adult and child basic life support
   a. Demonstrate and practice conscious and unconscious adult and child airway obstruction techniques
   b. Demonstrate adult and child rescue breathing
   c. Identify differences between adult and child basic life support
   d. Describe and demonstrate when and how to perform CPR and use AED for adult or child
3. Assess and demonstrate safe techniques for bleeding control and prevention of shock
   a. Demonstrate the ability to control bleeding and apply pressure
   b. Demonstrate actions for immediate response to shock

Special Facilities and/or Equipment

1. Certification courses must be taught by a currently authorized Red Cross Instructor in any Lay Responder First Aid and CPR/AED Emergency Response or Lifeguarding program.
2. When taught as an online distance learning or hybrid section, students and faculty need ongoing and continuous email access.

3. Equipment: 6-10 mannequins and AED units for CPR skill development/demonstration; required video/DVD and teacher manuals; appropriate personal protective equipment required by Red Cross. The equipment can be purchased or rented through local American Red Cross office.

Method(s) of Evaluation

Methods of Evaluation may include but are not limited to the following:

Evaluation will be based on an individual practice—daily effort and improvement
Certification process established entirely by American Red Cross and taught by certified American Red Cross Instructor. Certification requires all of the following:
1. Certification fee: TBA and required by each individual attempting certification. Fee established by American Red Cross and collected by instructor prior to written exams
2. Attend and participate in all course sections
3. Participate in all skills sessions
4. Demonstrate competency in all required skills listed on Red Cross First Aid and CPR/AED checklist
5. Pass each section of the written exam with a score of 80 percent or better

Method(s) of Instruction

Methods of Instruction may include but are not limited to the following:

Lecture
Discussion
Oral presentations
Electronic discussions/chat
Laboratory
Demonstration

Representative Text(s) and Other Materials

First Aid/CPR/AED Participant's Manual. American Red Cross Item #656731.

Types and/or Examples of Required Reading, Writing, and Outside of Class Assignments

1. Watch American Red Cross videos instructing in First Aid and CPR/AED techniques
2. Read American Red Cross manual on First Aid and CPR/AED techniques and knowledge
3. Complete review quizzes on First Aid and CPR/AED techniques and knowledge

Discipline(s)

Physical Education