

COURSE OUTLINE

Health 101 First Aid

Catalog Statement

HLTH 101 covers prevention and causes of accidents or sudden illness. It meets the requirements of the American Red Cross for certification in Community First Aid and CPR.

Total Lecture Units: 1.0

Total Laboratory Units: 0.0

Total Course Units: 1.0

Total Lecture Hours: 16.0

Total Laboratory Hours: 0.0

Total Laboratory Hours To Be Arranged: 0.0

Total Faculty Contact Hours: 16.0

Prerequisite: None.

Course Entry Expectations

Prior to enrolling in the course, the student should be able to:

- recognize an emergency;
- apply basic reading and writing skills.

Course Exit Standards

Upon successful completion of the required coursework, the student will be able to:

- list emergency action principles;
- position a victim for rescue breathing;
- give first aid to a conscious or unconscious adult, child, and infant choking victim;
- give cardiopulmonary resuscitation (CPR) for adults, children, and infant;
- control bleeding and give first aid for shock;
- give first aid for burns;
- give first aid for eye and nose injuries;
- give first aid for bites and stings;
- give first aid for fractures, dislocations, sprains and strains;
- respond to poisoning emergencies;
- give first aid for diabetic emergencies;
- give first aid for strokes;
- give first aid for seizures;
- give first aid for heat or cold problems;
- demonstrate when and how to move a victim.

Total Faculty Contact Hours = 16.0

Course Content

Course Overview and Introduction (1 hour)

- First aid, CPR, and the law
- Health precautions and guidelines

Emergency Action Principles (1 hour)

- Check
- Call
- Care

Rescue Breathing (2 ½ hours)

- Respiratory and circulatory systems
- Common causes of breathing emergencies
- Techniques of mouth-to-mouth resuscitation

Choking: Airway Obstruction (1 ½ hour)

- Common causes
- Signs and symptoms
- Techniques with conscious and unconscious

Heart Attack, Cardiac Arrest, and CPR (6 hours)

- Definitions
- Signs and symptoms
- First aid for heart attack
- CPR- first aid for cardiac arrest

Bleeding and Shock (1 hour)

- Types of wounds
- External and internal bleeding
- Bleeding control techniques
- Treatment and prevention of shock

Burns, Eye- Nose Injuries, Bites and Stings (1 hour)

- Classification of burns
- First aid principles for heat, chemicals and electrical burns
- Common causes and signs and symptoms of eye and nose injuries
- First aid principles of eye and nose injuries
- Human and animal bites
- Insect bites and stings
- Allergic reactions
- Snake bite

Fractures, Injuries to Joints and Muscles (1/2 hour)

- Principles of care for injuries to bones, joints, and muscles
- Splinting techniques
- Practice and skill testing

Rescues (1/2 hour)

- When to move
- Techniques of transportation
- Additional splinting techniques

Poisoning, Diabetes, Stroke, and Seizures (1/2 hour)

- Signs and symptoms and common causes of:

Swallowed poisons
Inhaled poisons
Absorbed poisons
Injected poisons
First aid principles of poisoning
Diabetes: signs and symptoms and first aid
Stroke: signs and symptoms and first aid
Seizures: signs and symptoms and first aid
Heat and Cold Extremes (**1/2 hour**)
Heat exhaustion
Heat stroke
Heat cramps
Hypothermia
Frostbite

Methods of Instruction

The following methods of instruction may be used in this course:

- lecture;
- demonstration;
- multi-media;
- online;
- skill repetitions.

Out of Class Assignments

The following out of class assignments may be used in this course:

- research project (e.g. mid-term paper on a health-related subject);
- volunteer work (e.g. volunteer at a health clinic and write a summary of experience);
- journaling (e.g. given specific accident scenarios, create the team dynamics for the emergency response system).

Methods of Evaluation

The following methods of evaluation may be used in this course:

- six practical skills test;
- two written exams;
- skill testing to qualify students for certification by the American Red Cross in Community First Aid (e.g. CPR certification for one-person adult, child, and infant).

Textbooks

American Red Cross. *American Red Cross First Aid/CPR/AED Participant's Manual*. 4th ed.
Yardly: StayWell, 2011. Print.
10th Grade Reading Level. ISBN: 9781584806202

Student Learning Outcomes

Upon successful completion of the required coursework, the student will be able to:

- demonstrate the appropriate skills required to properly perform cardio pulmonary resuscitation (CPR) on infants, children, and adults;
- identify injuries and sudden illnesses that require immediate first aid treatment;
- recognize health emergencies;
- demonstrate the appropriate skills required to properly perform rescue breathing on an infant and child.