

HLTH101 : First Aid

General Information

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Course Code (CB01) :	HLTH101
Course Title (CB02) :	First Aid
Department:	HLTH
Proposal Start:	Fall 2024
TOP Code (CB03) :	(1201.00) Health Occupations, General
CIP Code:	(51.0000) Health Services/Allied Health/Health Sciences, General.
SAM Code (CB09) :	Non-Occupational
Distance Education Approved:	No
Will this course be taught asynchronously?:	No
Course Control Number (CB00) :	CCC000299818
Curriculum Committee Approval Date:	12/13/2023
Board of Trustees Approval Date:	01/09/2024
Last Cyclical Review Date:	12/13/2023
Course Description and Course Note:	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.
Justification:	Mandatory Revision
Academic Career:	<ul style="list-style-type: none">Credit
Author:	

Academic Senate Discipline

Primary Discipline:	<ul style="list-style-type: none">Health
Alternate Discipline:	
Alternate Discipline:	

Course Development

Basic Skill Status (CB08) Course is not a basic skills course.	Course Special Class Status (CB13) Course is not a special class.	Grading Basis <ul style="list-style-type: none">Grade with Pass / No-Pass Option
<input checked="" type="checkbox"/> Allow Students to Gain Credit by Exam/Challenge	Pre-Collegiate Level (CB21) Not applicable.	Course Support Course Status (CB26) Course is not a support course

Transferability & Gen. Ed. Options

General Education Status (CB25)

Not Applicable

Transferability

Transferable to both UC and CSU

Transferability Status

Approved

Units and Hours

Summary

Minimum Credit Units (CB07) 1

Maximum Credit Units (CB06) 1

Total Course In-Class (Contact) Hours 18

Total Course Out-of-Class Hours 36

Total Student Learning Hours 54

Credit / Non-Credit Options

Course Type (CB04)

Credit - Degree Applicable

Noncredit Course Category (CB22)

Credit Course.

Noncredit Special Characteristics

No Value

Course Classification Code (CB11)

Credit Course.

Variable Credit Course

Funding Agency Category (CB23)

Not Applicable.

Cooperative Work Experience

Education Status (CB10)

Weekly Student Hours

	In Class	Out of Class
Lecture Hours	1	2
Laboratory Hours	0	0
Studio Hours	0	0

Course Student Hours

Course Duration (Weeks)	18
Hours per unit divisor	54
Course In-Class (Contact) Hours	
Lecture	18
Laboratory	0
Studio	0
Total	18

Course Out-of-Class Hours

Lecture	36
Laboratory	0
Studio	0
Total	36

Time Commitment Notes for Students

No value

Units and Hours - Weekly Specialty Hours

Activity Name	Type	In Class	Out of Class
No Value	No Value	No Value	No Value

Pre-requisites, Co-requisites, Anti-requisites and Advisories

Prerequisite

Prerequisite: None.

Entry Standards

Entry Standards

Recognize an emergency.

Apply basic reading and writing skills.

Course Limitations

Cross Listed or Equivalent Course	Description
No value	No value

Specifications

Methods of Instruction

Methods of Instruction Lecture

Methods of Instruction Demonstrations

Methods of Instruction	Multimedia			
Methods of Instruction	Studio			
Methods of Instruction	Collaborative Learning			
Out of Class Assignments				
<ul style="list-style-type: none"> • 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	Rationale			
Exam/Quiz/Test	Six practical skills tests			
Exam/Quiz/Test	Two written exams			
Exam/Quiz/Test	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)			
Textbook Rationale				
No Value				
Textbooks				
Author	Title	Publisher	Date	ISBN
American Red Cross	First Aid/CPR/AED Participants Manual, Rev. 2021	American Red Cross	2021	978-1736744789
Other Instructional Materials (i.e. OER, handouts)				
No Value				
Materials Fee				
No value				

Learning Outcomes and Objectives
Course Objectives
List emergency action principles.

Position a victim for rescue breathing.

Utilize and show first aid for a conscious or unconscious adult, child, and infant choking victim.

Utilize and show cardiopulmonary resuscitation (CPR) for adults, children, and infant.

Control bleeding and give first aid for shock.

Demonstrate first aid for burns.

Explain first aid for eye and nose injuries.

Explain first aid for bites and stings.

Show first aid for fractures, dislocations, sprains and strains.

Describe first aid for poisoning emergencies.

Explain first aid for diabetic emergencies.

Apply first aid steps for strokes.

Recall first aid for seizures.

Summarize first aid care for heat or cold issues.

Demonstrate and apply procedures for when and how to move a victim.

Recognize emergency situations and apply emergency response steps.

Discuss principles for responding to emergencies in diverse populations.

SLOs

Identify injuries and sudden illnesses that require immediate first aid treatment.

Expected Outcome Performance: 70.0

ILOs Analyze and solve problems using critical, logical, and creative thinking; ask questions, pursue a line of inquiry, and derive conclusions;
Core cultivate creativity that leads to innovative ideas.
ILOs

HLTH Identify and apply theories of health, disease and wellbeing in the planning, implementation, assessment and evaluation of health
Core interventions.
PLOs

Describe and apply emergency response procedures to perform cardio pulmonary resuscitation (CPR) on infants, children, and adults.

Expected Outcome Performance: 70.0

Describe and apply emergency procedures to perform first aid for a conscious or unconscious adult, child, and infant choking victim.

Expected Outcome Performance: 70.0

Additional SLO Information

Does this proposal include revisions that might improve student attainment of course learning outcomes?

No

Is this proposal submitted in response to learning outcomes assessment data?

No

If yes was selected in either of the above questions for learning outcomes, explain and attach evidence of discussions about learning outcomes.

No Value

SLO Evidence

No Value

Course Content

Lecture 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 hours)

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

Choking: Airway Obstruction (1 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 (2 hours)

- 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 hour)

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

Rescues (1 hour)

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

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

- Heat exhaustion
- Heat stroke
- Heat cramps
- Hypothermia
- Frostbite

Total hours: 18