

COURSE OUTLINE

HEED-109

Basic CPR and First Aid

2 Semester Hours

HOWARD COMMUNITY COLLEGE

Description

This course is designed to acquaint students with theories and techniques of CPR and First Aid and Safety. After the successful completion of this course a one-year card will be awarded in Infant, Child and Adult CPR (valid one year) and certification in First Aid and Safety (valid three years).

A liberal education prepares students to lead ethical, productive, and creative lives and to understand how the pursuit of lifelong learning and critical thinking fosters good citizenship. General education courses form the core of a liberal education within the higher education curriculum and provide a coherent intellectual experience for all students by introducing the fundamental concepts and methods of inquiry in the areas of mathematics, the physical and natural sciences, the social sciences, the arts and the humanities, and composition. This course is part of the general education core experience at Howard Community College.

Overall Course Objectives

Upon completion of this course, the student will be able to:

1. Explain how the EMS system works and what signals and situations require a person to call for an ambulance.
2. Identify the signals of breathing emergencies, including choking, and demonstrate how to provide care.
3. Identify the major risk factors for cardiovascular disease and for injury, and describe how to control them.
4. Identify the signals of a possible heart attack and describe how to provide care.
5. Identify the signals of cardiac arrest and demonstrate how to provide care.
6. Identify life-threatening bleeding, and demonstrate how bleeding can be controlled.
7. Identify the signals of various injuries and demonstrate how to care for them.
8. Identify the signals of sudden illness, including poisoning, seizures, and heat and cold emergencies, and describe how to care for them.
9. Describe when and how to move a person in an emergency situation.

Major Topics

Section I

1. Responding to an Emergency/The Emergency Plan
2. Rescue Breathing
3. Choking
4. CPR

Section II

1. Injuries (Leading causes)
2. Wounds (Controlling Bleeding)
3. Shock
4. Burns
5. Injuries to Muscles, Bones, and Joints
6. Sudden Illnesses/Accidents
7. Caring for Children

Course Requirements

Grading/Exams:

Grading procedures will be determined by the individual faculty member but will include the following:

The final grade will be based on successful demonstration of all infant, child, and adult emergency skills, quizzes, case study presentation, multiple choice exam, class participation and attendance.