

**RARITAN VALLEY COMMUNITY COLLEGE  
ACADEMIC COURSE OUTLINE**

**FITN –129 FIRST AID & CPR**

**I. Basic Course Information**

- A. Course Number and Title: FITN-129 First Aid & CPR
- B. Date of Proposal: Spring 2007
- C. Sponsoring Department: Health Science Education
- D. Semester Credit Hours: 3
- E. Weekly Contact Hours:                      Lecture: 2  
  Laboratory: 2
- F. Prerequisites: None
- G. Laboratory Fees: None

**II. Catalog Description**

This course acquaints the individual with emergency first aid procedures and cardiopulmonary resuscitation. Included in the topics will be wounds, splinting, burns, rescue breathing, diabetes, epilepsy, heart failure and stroke. Each student will have the opportunity to acquire his/her certificate in Community First Aid and Safety, Community CPR, and CPR for the Professional Rescuer. This course is conducted by a certified American Red Cross Instructor.

**III. Statement of Course Need**

This course is designed to introduce the student to emergency first aid procedures and cardiopulmonary resuscitation. Upon successful completion of this course, a student will receive a certificate in Community First Aid and Safety, Community CPR, and CPR for the Professional Rescuer.

**IV. Place of Course in College Curriculum**

- A.
  - Fulfills physical education requirement where one is required.
  - Fulfills the CPR requirement for professional health care providers.
- B. Course transferability: Upon evaluation by participating two-year and four-year colleges and universities (on the [www.njtransfer.org](http://www.njtransfer.org) website), the First Aid & CPR course may transfer as an elective.

## **V. Outline of Course Content**

- A. Introduction to First Aid and Emergency Care
- B. Victim Assessment
- C. Basic Life Support: 1) Rescue Breathing, 2) Obstructed Airway, 3) CPR
- D. Control of Bleeding
- E. Shock
- F. Wounds
- G. Musculoskeletal Injuries
- H. Poisoning Emergencies
- I. Drug and Alcohol Emergencies
- J. Diabetes, Epilepsy
- K. Burns
- L. Heat and Cold
- M. Stabilization and Transfer of Victim

## **VI. Educational Goals and Learning Outcomes**

### **Educational Goals**

Student will:

- Communicate effectively in an emergency situation. (GE 2)
- Accurately assess an emergency situation and respond appropriately.
- Organize and evaluate information related to a variety of common emergency health problems. (GE 1, 2, 3)

### **Learning Outcomes**

Students will be able to:

- A. Effectively administer rescue breathing and CPR to a victim.
- B. Recognize and treat shock, an obstructed airway, and bleeding emergencies.
- C. Be able to identify and care for musculoskeletal injuries to the 1) head and neck; 2) trunk; and 3) extremities.
- D. Identify various causes, symptoms and treatment for hypothermia and hyperthermia.
- E. Recognize the various classifications and the appropriate management of burns.
- F. Identify the signs and symptoms of diabetic and epileptic emergencies and be able to give emergency care.
- G. Have the ability to effectively move an injured person with assistance of one or more rescuers.

- H. Demonstrate how to apply roller, cravat, and triangular bandages to the different parts of the body.
- I. Properly execute the various techniques of splinting for fractures to the musculoskeletal system.

## **VII. Modes of Teaching and Learning**

- lecture/discussion
- small-group work
- simulation/role playing

## **VIII. Papers, Examinations, and other Assessment Instruments**

- demonstration of skill proficiency
- examinations

## **IX. Grade Determinants**

- Class attendance and participation
- Examinations of various essential components of First Aid and CPR
- Successful demonstration of First Aid CPR skill proficiency based on Red Cross guidelines.

## **X. Texts and Materials**

- American Red Cross. Community First Aid and Safety. Staywell Publ.
- American Red Cross. CPR for Professional Resucer. Staywell Publ.
- American Red Cross – Laerdal CPR Pocket Masks
- American Red Cross – First Aid Kit
- Hafer & Karen. First Aid for Colleges and Universities,(most recent) . Pearson Education Publ.

## **XI. Resources**

Resuscitation mannequins.

## **XII. Honors Options**

None

