I. Basic Course Information

A. Course Number and Title: FITN 129 – First Aid & CPR

B. New or Modified Course: Modified

C. Date of Proposal: Semester: Fall Year: 2016

D. Effective Term: Fall 2017

E. Sponsoring Department: Health Science Education

F. Semester Credit Hours: 3

G. Weekly Contact Hours:
   - Lecture: 2
   - Laboratory: 2
   - Out of class student work per week: 4

H. Prerequisites/Corequisites: None

I. Laboratory Fees: Yes

J. Name and Telephone Number or E-Mail Address of Department Chair:
   Beryl Stetson, beryl.stetson@raritanval.edu

II. Catalog Description

Prerequisites/Corequisites: None

This course introduces the student to emergency first aid procedures, automated external defibrillator and cardiopulmonary resuscitation. Students will practice and complete competencies for triage, recognizing an emergency, managing the scene, assessment of conscious and unconscious child, infant and adult, conscious and unconscious choking, rescue breathing for adult, child and infant, CPR for adult child and infant, two man CPR, neck stabilization and transport. Additional topics covered include wound care, splinting, bleeding emergencies, poison care, burn care, recognition and care of diabetic emergencies, strokes, shock, epilepsy, heat and cold emergencies. Students will be eligible to receive nationally recognized First Aid, CPR, and AED certifications at a professional level. This course is conducted by a certified American Red Cross Instructor.
This course provides training and certifications that meet job related requirements as defined by regulatory authorities such as OSHA, the Joint Commission and State Offices of EMS, education, transportation and health.

III. Statement of Course Need

This course is designed to teach the needed information and skills in first aid and CPR to adequately prepare the student for national certification.

A. The lab in this course gives the student practical application of the skills needed to complete the requirements for national certification.

B. This course generally transfers as an Exercise Science program requirement.

IV. Place of Course in College Curriculum

A. Free Elective
B. This course meets a program requirement for the Associate Degree in Exercise Science and the Fitness Specialist Certificate of Completion.
C. To see course transferability: a) for New Jersey schools, go to the NJ Transfer website, www.njtransfer.org; b) for all other colleges and universities, go to the individual websites.

V. Outline of Course Content

A. Introduction to Emergency Care and Responsibilities of the Care Giver.
B. Recognizing an Emergency – Securing the Scene
C. Victim Assessment – Conscious/Unconscious
   a. adult, child & infant
D. Basic Life Support
   a. Rescue Breathing
   b. CPR
   c. Obstructed Airway
   d. AED
E. First Aid
   a. Control of Bleeding
   b. Wound Care
   c. Shock
   d. Musculoskeletal Injuries
   e. Poison Emergencies
   f. Drug & Alcohol Emergencies
   g. Diabetes
   h. Epilepsy
   i. Burns
   j. Heat & Cold Emergencies
F. Stabilization and Transfer of Victim
VI. General Education and Course Learning Outcomes

A. General Education Learning Outcomes:

At the completion of the course, students will be able to:

1. Communicate effectively in an emergency situation. (GE-NJ 1)
2. Accurately assess an emergency situation and respond appropriately. (GE-NJ 1)*

*Embedded Critical Thinking

B. Course Learning Outcomes:

At the completion of the course, students will be able to:

1. Recognize an emergency.
2. Triage patients to determine treatment priority and recognize red flags for activation of the emergency medical chain.
3. Recognize the need for and effectively demonstrate the administration of CPR, rescue breathing, and automated external defibrillation (AED) to adult, child and infant victims.
4. Identify and care for musculoskeletal injuries to various parts of the body and demonstrate several techniques of splinting and bandaging.
5. Demonstrate proper movement techniques for injured individuals including transport by spine board.
6. Recognize and demonstrate treatment for conscious and unconscious choking victims.
7. Explain proper management of burn injuries, poison emergencies, sudden illness, bleeding emergencies, shock, seizures, drug and alcohol emergencies.
8. Describe conditions which lead to heat and cold injuries; explain and demonstrate management of heat and cold injuries; and discuss ways to reduce risk of heat and cold injuries.
9. Demonstrate proper techniques for administration of oxygen.

C. Assessment Instruments

A. Practical Exams
B. Quizzes
C. Written Tests
D. Demonstration of Skill Proficiency

VII. Grade Determinants

A. Assignments
B. Discussion
C. tests/quizzes
D. Participation
E. Successful demonstration of required skills

Given the goals and outcomes described above, LIST the primary formats, modes, and methods for teaching and learning that may be used in the course:

A. lecture/discussion
B. small-group work
C. practical demonstrations

VIII. Texts and Materials

A. American Red Cross. Responding to Emergencies Comprehensive First Aid. Staywell Publ.
B. American Red Cross. CPR for Professional Rescuer and Health Care Provider. Staywell Publ.
C. ECIS AAOS Oxygen Administration
D. Professional CPR Mask: Adult & Infant
E. Roll gauge and Triangular Bandage

(Please Note: The course outline is intended only as a guide to course content and resources. Do not purchase textbooks based on this outline. The RVCC Bookstore is the sole resource for the most up-to-date information about textbooks.)

IX. Resources

A. EMS Backboards and Split boards
B. Oxygen tanks with non-rebreathing mask, nasal air way, resuscitation masks
C. BVM: Adult & Infant
D. Suction Device with oral airways and nasal cannulas
E. C-Spine neck braces