

**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. New or Modified Course: Modified

C. Date of Proposal: Semester: Fall Year: 2021

D. Effective Term: Fall 2022

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: 5

H. Prerequisites/Corequisites: None

I. Laboratory Fees: None

J. Name and Telephone Number or E-Mail Address of Department Chair and Divisional Dean at time of approval:

Dept Chair: Linda Romaine Linda.Romaine@raritanval.edu 908 526-1200 x8290

Dean: Sarah Imbriglio Sarah.Imbriglio@raritanval.edu 908 526-1200 x 8241

II. Catalog Description

This course is designed to introduce students to acute management skills for common injuries and illnesses experienced by athletes and the active population. Students will learn to evaluate and stabilize an athlete in a variety of emergency situations, including: catastrophic injury to the head and neck; cessation of breathing and circulation; shock; concussion; general medical emergencies; heat and cold illnesses; internal injuries; and other life threatening or serious injury. Additional topics covered include wound care, splinting, bleeding emergencies, poison care, burn care, recognition and care of diabetic emergencies, strokes, and epilepsy. Course includes certification on first aid, CPR for the professional rescuer and AED use. 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. 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

- A. This course is designed to introduce the student to the recognition and care of acute injuries that are common to the active individual. Students will learn skills needed to evaluate, treat and stabilize athletes in a variety of emergency situations. Upon completion of this course students will earn certifications in First Aid, CPR for the Professional Rescuer and AED.
- B. The lab in this course introduces the student to the practical skills and gives them practice on application of those skills needed to be successful in the requirements for national certification
- C. This course generally transfers as an Exercise Science/Sports Medicine program requirement. This course generally transfers as a Health Science program elective.

IV. Place of Course in College Curriculum

- A. Free Elective
- B. This course meets a program requirement for the Associate Degree in Exercise Science, the Associate Degree in Exercise Science: Option in Sports Medicine & Rehabilitation, 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. Demonstrate proper protocol for emergency first aid care for both illness and injury and express both orally and in writing. (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 and demonstrate treatment for conscious and unconscious choking victims.
2. Explain proper management of burn injuries, poison emergencies, sudden illness, bleeding emergencies, shock, seizures, drug and alcohol emergencies.
3. 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.
4. Demonstrate proper techniques for administration of oxygen.
5. Identify emergency situations, as well as potential dangers that can lead to injury, and demonstrate the skills needed to respond to these emergencies and/or prevent them from happening.
6. Create and explain, both written and orally, an Emergency Action Plan appropriate for emergencies of acute injuries and illnesses, including, documentation, and policy development.
7. Identify and care for musculoskeletal injuries to various parts of the body and demonstrate several techniques of splinting and bandaging
8. Identify and explain the components of a functioning EMS system and the role of the professional rescuer, first responder, physician, EMT, hospital personnel, and other associated individuals, including the athletic trainer.

9. Demonstrate, explain and pass the American Red Cross test of skills required to earn certification in CPR for the professional rescuer, AED , first aid, and bloodborne pathogens.
10. Demonstrate safe methods of transportation in the movement of victims and in the selection of associated emergency equipment

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. RVCC Human Performance Lab

- B. EMS Backboards and Splint Boards
- C. BVM: Adult & Infant
- D. Suction Device with oral airways and nasal cannulas
- E. C-Spine Neck Braces