



COURSE OUTLINE : HLTH 102
D Credit – Degree Applicable
COURSE ID 003000
Cyclical Review: September 2020

COURSE DISCIPLINE : HLTH

COURSE NUMBER : 102

COURSE TITLE (FULL) : Standard First Aid and CPR

COURSE TITLE (SHORT) : First Aid and C.P.R.

CALIFORNIA STATE UNIVERSITY SYSTEM C-ID : KIN 101 - First Aid and CPR

CATALOG DESCRIPTION

HLTH 102 covers the proper care for emergencies involving adults, children and infants. Students gain the knowledge and skills necessary in an emergency to help sustain life and minimize the consequences of injury or sudden illness until advanced medical help arrives. The course includes first aid, cardiopulmonary resuscitation (CPR), automated external defibrillator (AED), injury management, and disease transmission prevention. This course meets the requirements of the American Red Cross for certification in First Aid/CPR/AED school and community.

Total Lecture Units: 3.00

Total Laboratory Units: 0.00

Total Course Units: 3.00

Total Lecture Hours: 54.00

Total Laboratory Hours: 0.00

Total Laboratory Hours To Be Arranged: 0.00

Total Contact Hours: 54.00

Total Out-of-Class Hours: 108.00

Prerequisite: None.



ENTRY STANDARDS

	Subject	Number	Title	Description	Include
1				Recognize an emergency;	Yes
2				apply basic reading and writing skills.	Yes

EXIT STANDARDS

- 1 Identify the emergency action principles;
- 2 demonstrate first aid process to a responsive or unresponsive adult, child, and infant choking victim;
- 3 demonstrate cardiopulmonary resuscitation (CPR) for adults, children, and infant;
- 4 describe the steps to control bleeding and give first aid for shock;
- 5 discuss the role of a first responder when dealing with health emergencies;
- 6 identify situations when and how to move a victim.

STUDENT LEARNING OUTCOMES

- 1 demonstrate appropriate steps to prevent disease transmission;
- 2 list the main systems of the body and identify major organs and function of each system
- 3 perform and demonstrate cardiopulmonary resuscitation.

COURSE CONTENT WITH INSTRUCTIONAL HOURS

	Description	Lecture	Lab	Total Hours
1	Introduction to Standard First Aid and Safety <ul style="list-style-type: none"> • Types of emergencies • Emergency medical system • Disease transmission • Legal consideration 	4	0	4
2	Assessment <ul style="list-style-type: none"> • Body system • Checking conscious and unconscious victim 	9	0	9
3	Life-Threatening Emergencies <ul style="list-style-type: none"> • Breathing emergencies • Cardiac emergencies • Bleeding • Shock 	16	0	16
4	Injuries <ul style="list-style-type: none"> • Soft tissue • Musculoskeletal • Extremities • Head, neck and back • Chest, abdominal and pelvis 	15	0	15



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5	Medical Emergencies • Sudden illness • Poisoning • Substance abuse and misuse • Heat and cold related emergencies	7	0	7
6	Healthy Lifestyles • Nutrition • Physical Activity	3	0	3
				54

OUT OF CLASS ASSIGNMENTS

- 1 research project (e.g. mid-term paper on health related subject);
- 2 volunteer work (e.g. volunteer at a health clinic and write a summary of experience);
- 3 journaling (e.g. accident scenarios and create the team dynamics for the emergency response system).

METHODS OF EVALUATION

- 1 journal;
- 2 research project;
- 3 quizzes;
- 4 mid-term examinations;
- 5 final examination.
- 6 practical exam (e.g. hands-on skills testing for CPR)

METHODS OF INSTRUCTION

- Lecture
- Laboratory
- Studio
- Discussion
- Multimedia
- Tutorial
- Independent Study
- Collaboratory Learning
- Demonstration
- Field Activities (Trips)
- Guest Speakers
- Presentations



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TEXTBOOKS

Title	Type	Publisher	Edition	Medium	Author	ISBN	Date
Responding to Emergencies: Comprehensive First Aid/CPR/AED Textbook		American Red Cross	1		American Red Cross	978-1584806844	2017