

**I. CATALOG DESCRIPTION:**

Department Information:

Division: Physical Education, Athletics & Health  
Department: Physical Education  
Course ID: PE 231  
Course Title: First Aid and CPR  
Units: 3  
Lecture: 3 Hours  
Lab: None  
Prerequisite: None

Catalog Description:

The emergency care and treatment of illnesses and injuries including training in cardiopulmonary resuscitation. Students who successfully pass all National Safety Council requirements will receive a First Aid Certificate. Students who successfully pass all CPR requirements will receive a CPR Certificate.

Schedule Description:

The emergency care and treatment of illnesses and injuries including training in cardiopulmonary resuscitation.

**II. NUMBER OF TIMES COURSE MAY BE TAKEN FOR CREDIT: One**

**II. EXPECTED OUTCOMES FOR STUDENTS:**

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

- A. Identify symptoms and distinguish among a wide variety of injuries and illnesses
- B. Apply skills and knowledge to administer proper first aid to victims of injury or sudden illness.
- C. Describe safety consciousness and healthy lifestyles awareness.
- D. Demonstrate proper bandaging and splinting skills.
- E. Demonstrate proper CPR techniques.
- C. Qualify for the National Safety Council CPR and First Aid Certificate.

**IV. COURSE CONTENT:**

- A. Introduction
  1. History of the American Red Cross
  2. First aid and CPA certification requirements
- B. Basics of Human Anatomy and Physiology
  1. Injury/illness assessment
- C. First Aid Procedures
  1. Bleeding and shock injuries
  2. Soft tissue injuries
  3. Musculoskeletal injuries
  4. Injuries to the head and spine
  5. Injuries to the chest, abdomen, and pelvis
  6. Injuries to the extremities
  7. Poisoning, insect bites, and stings
  8. Substance abuse emergencies
- D. Breathing and Cardiac Emergencies
  1. Basics of CPR
  2. Cardiac emergencies, adult, infant, and child
- E. Rescue and Transfer
  1. Remote location preparedness
  2. Emergency childbirth
- F. Healthy Lifestyles and Safety Measures

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1. Creating safe environments
2. Basic emergency preparedness

**V. METHODS OF INSTRUCTION:**

- A. Lectures
- B. Films and videos
- C. Instructor and student demonstrations
- D. Class discussion
- E. Games
- F. Guest lectures
- G. Agree-disagree statements
- H. Team learning
- I. Generating questions
- J. Newspaper analysis
- K. Scenarios

**VI. TYPICAL ASSIGNMENTS:**

- A. Students will write a paper discussing how they would problem solve a scene of an accident.
- B. Students will conduct presentations individually or as a group demonstrating how CPR is performed on a victim that is unconscious.
- C. Students will read the CPR Manual and list ways to assess responsiveness.
- D. An accident is staged. Students watch, take notes and assess what injuries they suspect and give reasons for their suspicions.

**VII. EVALUATION(S):**

- A. Methods of Evaluation
  1. Written CPR examination
  2. Practical CPR evaluations
  3. Written chapter assignments
  4. Written First Aid examination
  5. Practical First Aid evaluations
  6. Attendance/Participation
- B. Frequency of Evaluation:
  1. Assignment or quiz every 6 weeks
  2. Minimum of three exams per semester

**VIII. TYPICAL TEXT(S):**

National Safety Council, First Aid and CPR, 4th ed. Jones and Bartlett Publishers, 2000

**IX. OTHER SUPPLIES REQUIRED OF STUDENTS: None**