

**College of San Mateo
Official Course Outline**

1. **COURSE ID:** KINE 119 **TITLE:** First Aid/Adult & Pediatric CPR **C-ID:** KIN 101
Units: 3.0 units **Hours/Semester:** 48.0-54.0 Lecture hours
Method of Grading: Grade Option (Letter Grade or P/NP)

2. **COURSE DESIGNATION:**

Degree Credit

Transfer credit: CSU; UC

CSU GE:

CSU GE Area E: LIFELONG LEARNING AND SELF-DEVELOPMENT: E1

3. **COURSE DESCRIPTIONS:**

Catalog Description:

The Adult and Pediatric First Aid/CPR/AED course incorporates the latest science and teaches students to recognize and care for a variety of first aid emergencies such as burns, cuts, scrapes, sudden illnesses, head, neck, back injuries, heat and cold emergencies and how to respond to breathing and cardiac emergencies to help victims of any age - adults (about 12 years and older) and pediatric (infants and children up to 12 years of age). Students who successfully complete this course will receive a certificate for Adult and Pediatric First Aid/CPR/AED valid for two years. Because the certificate for Adult CPR/AED is valid for two years, a student may file a Petition to Repeat KINE 119 if the course was completed more than 4 semesters ago. This is not an activity class.

4. **STUDENT LEARNING OUTCOME(S) (SLO'S):**

Upon successful completion of this course, a student will meet the following outcomes:

1. Earn the American Red Cross certification in Adult/Child/Infant CPR, Adult & Child AED, and Standard first aid.

5. **SPECIFIC INSTRUCTIONAL OBJECTIVES:**

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

1. Assess victims of injury and medical emergencies and apply emergency action plan
2. Describe the signs and symptoms associated with common medical emergencies
3. Demonstrate the first aid care that is needed in common medical emergencies
4. Demonstrate cardiopulmonary resuscitation and the use of AED
5. Demonstrate bandaging and splinting techniques
6. Demonstrate emergency rescue moves
7. Evaluate their lifestyle for health and safety concerns and set personal goals for achieving a safe and healthy lifestyle

6. **COURSE CONTENT:**

Lecture Content:

1. Body Systems
2. Victim(s) Assessment
3. Legal Issues
4. Emergency Action Plan
5. Care for emergencies: breathing, cardiac, choking, bleeding, shock, anaphylaxis and special circumstances (sudden illness, poisoning, bites, stings, and heat and cold emergencies)
6. AED – Automatic External Defibrillator
7. Internal/Soft Tissue injuries and burns
8. Musculoskeletal injuries: head, spine, bone, joint, and extremities
9. Splinting and immobilization
10. Moving victims
11. People with special needs
12. Healthy lifestyles and safety measures

Lab Content:

NA

TBA Hours Content:

NA

7. REPRESENTATIVE METHODS OF INSTRUCTION:

Typical methods of instruction may include:

- A. Lecture
- B. Directed Study
- C. Activity
- D. Discussion
- E. Field Experience
- F. Guest Speakers
- G. Observation and Demonstration

8. REPRESENTATIVE ASSIGNMENTS

Representative assignments in this course may include, but are not limited to the following:

Writing Assignments:

Written assignments to assess their lifestyle for health and safety concerns.

Reading Assignments:

Required textbook, handouts.

9. REPRESENTATIVE METHODS OF EVALUATION

Representative methods of evaluation may include:

- A. Class Participation
- B. Class Performance
- C. Class Work
- D. Exams/Tests
- E. Group Projects
- F. Homework
- G. Oral Presentation
- H. Papers
- I. Projects
- J. Quizzes
- K. Research Projects
- L. Simulation
- M. Written examination

10. REPRESENTATIVE TEXT(S):

Possible textbooks include:

- A. American Red Cross. *First Aid/CPR/AED*, 4th ed. Staywell Health and Safety Solutions, 2011

Origination Date: September 2014

Curriculum Committee Approval Date: March 2015

Effective Term: Fall 2015

Course Originator: Andreas Wolf