



MASTER COURSE OUTLINE

A. HLTH 1130 Cardiopulmonary Resuscitation (CPR) and First Aid

B. COURSE DESCRIPTION:

This course includes instruction of adult, child, and infant for rescue breathing, airway obstruction, and one- and two-man CPR and standard first aid. Topics covered are: obstructed airway, rescue breathing, cardiopulmonary resuscitation, injuries (soft and hard tissue), bleeding, emergencies, splinting, and sudden illness. Students will be instructed to use breathing devices, specifically the pocket mask and the bag-valve mask. This course is certified by the American Heart Association.

(1 Cr – 1 lect, 0 lab)

C. *Core Theme: Critical Thinking

D. RIVERLAND INSTITUTIONAL LEARNING OUTCOMES:

This course addresses the following Riverland Institutional Learning Outcome(s):

- ILO 1: critical thinking (*Core Theme Goal 2*)
- ILO 2: awareness of the larger global community (*Core Theme Goal 7 or 8*)
- ILO 3: ethical, engaged citizenship (*Core Theme Goal 9 or Goal 10*)
- ILO 4: communication and collaboration (*Discipline Goal 1 and by any learning outcome(s) involving communication or collaboration*)

E. MAJOR CONTENT AREAS:

- Safety
- Normal heart & lung anatomy function
- Coronary artery disease
- Recognition of cardiac arrest
- Stroke: Warning signs and risk factors
- Obstructed airway/foreign-body obstruction-infant, child & adult
- Rescue breathing-infant, child & adult
- Breathing devices
- Automated external defibrillator
- Principles and skills relating to first aid
- Immobilization—muscle, bone, & joint injuries

F. GOAL TYPES, OBJECTIVES, AND OUTCOMES:

<u>GOAL</u>	<u>OBJECTIVES</u> Students will be able to	<u>OUTCOMES</u> The student will successfully
<u>*Critical Thinking</u>	gather factual information and apply it to a given problem in a manner that relevant, clear, comprehensive, and conscious of possible bias in the information selected.	1. demonstrate and describe proper technique for emergency procedures following airway obstruction for infant, child & adult. (conscious and unconscious).
<u>CS</u>	understand the importance of scene safety, barrier/breathing devices and personal protective equipment.	1. demonstrate the use of barrier/breathing devices and personal protective equipment. 2. describe the importance of scene safety to the patient and the rescuer.
<u>CS</u>	understand normal heart and lung function, warning signs of heart attack, coronary artery disease and stroke and when to use an automated external defibrillator.	1. describe signs of normal and abnormal heart and lung functions. 2. demonstrate use of automated external defibrillator in appropriate scenario using American Heart Association Standards.
<u>CS</u>	understand rescue breathing and proper techniques to use on infant, child and adult.	1. demonstrate proper CPR techniques for infant, child and adult using American Heart Association Standards.
<u>CS</u>	understand the importance of accident prevention and how to meet the needs when emergency first aid care is needed.	1. describe first aid procedures for various scenarios, when to treat and when to call 911. 2. demonstrate basic immobilization of muscle, bone and joint injuries.

G. SPECIAL INFORMATION:

This course may require use of the Internet, the submission of electronically prepared documents and the use of a course management software program. Students who have a disability and need accommodations should contact Accessibility Services at the beginning of the semester. This information will be made available in alternative format, such as Braille, large print, or current media, upon request.

H. COURSE CODING INFORMATION:

Course Code H/Class Maximum 30; Letter Grade

Revision date: 09/23/10; 03/28/24

AASC Approval date: 12/20/10; 04/16/24

*These five MnTC Goals have been identified as Riverland Community College Core Themes. Every course in the Riverland Community College curriculum shall meet outcomes from one of these themes.

**These five MnTC Goals have been identified as Riverland Community College Disciplines. Riverland’s MnTC courses also shall meet outcomes from a Discipline Area.

NOTE: The Minnesota Transfer Curriculum “10 Goal Areas of Emphasis” are reflected in the five required discipline areas and five core themes noted in the Riverland Community College program of study guide and/or college catalog.

*Riverland Community College Core Themes	MnTC Goal Number
Critical Thinking (CT)	2
Human Diversity (HD)	7
Global Perspective (GP)	8
Ethical and Civic Responsibility (EC)	9
People and the Environment (PE)	10

**Riverland Community College Discipline Areas	MnTC Goal Number
Communication (CM)	1
Natural Sciences (NS)	3
Mathematics/Logical Reasoning (MA)	4
History and the Social & Behavioral Sciences (SS)	5
Humanities and Fine Arts (HU)	6