DATE OF LAST REVIEW: 02/2013

CIP CODE: 24.0101

SEMESTER: Departmental Syllabus

COURSE TITLE: First Aid

COURSE NUMBER: EXSC0115

CREDIT HOURS: 2

INSTRUCTOR: Departmental Syllabus

OFFICE: Departmental Syllabus

OFFICE HOURS: Departmental Syllabus

TELEPHONE: Departmental Syllabus

E-mail: Departmental Syllabus

KCKCC issued email accounts are the official means for electronically communicating with our students

PREREQUISITES: None. Basic computer skills and regular Internet access/skills. Please review the On-Line Course Requirements.

REQUIRED TEXT AND MATERIALS: please check with the KCKCC bookstore, http;www.kckccbookstore.com/, for your particular class.

COURSE DESCRIPTION: The theory and practice of first aid and safety are covered. Methods of administering first aid in case of accident or sudden illness; bandaging; resuscitation; and caring for wounds and injuries, CPR and AED training. First aid lab sessions are required for this course. Students can complete these lab sessions on ground at KCKCC Allied Health building during scheduled dates or complete the lab work under the supervision of a certified first aid instructor within your local area. Successful completion of this course results in certification by American Heart Association.

METHOD OF INSTRUCTION:
A variety of instructional methods may be used depending on content area. These include but are not limited to: multimedia, cooperative/collaborative learning, one CPR check off lab. Methodology will be selected to best meet student needs.

COURSE OUTLINE:

Theory
I. Introduction
   A. The “Why” and “How” of First Aid
   B. Leading causes of death as related to First Aid
C. First Aid kits and supplies  
D. Systems of the body as related to First Aid

II. Wounds  
A. Causes and types  
B. Stopping bleeding  
C. Preventing disease transmission  
D. First Aid treatment for all types of wounds

III. Shock  
A. Definition  
B. Causes and dangers  
C. Signs and symptoms  
D. First Aid treatment

IV. Poisons  
A. Swallowed  
B. Inhaled  
C. Absorbed  
D. Bites and stings

V. Musculoskeletal injuries  
A. Fractures  
B. Sprains  
C. Dislocations  
D. Strains  
E. Contusions

VI. Burns and ill effects of heat and cold  
A. Burns  
B. Critical burns  
C. Prevention and safety  
D. Heat exhaustion  
E. Heat stroke  
F. Heat cramps  
G. Frostbite  
H. Hypothermia

VII. Common Emergencies  
A. Heart attack  
B. Stroke  
C. Simple fainting  
D. Epileptic convulsions  
E. Unconsciousness

VIII. CPR & AED  
A. Methods and types  
B. Practical skill by each student in the use of each method

EXPECTED LEARNER OUTCOMES:  

Theory:  
A. The student will be able to create an awareness of the problems involved in the cause and prevention of accidents.  
B. The student will be able to describe knowledge of wounds.  
C. The student will be able to explain the concept of shock.  
D. The student will be able to clarify different types of poisons.  
E. The student will be able to explain musculoskeletal injuries.  
F. The student will be able to describe knowledge of burns and effects of heat
G. The student will be able to explain the emergency scenarios.
H. The student will be able to explain transport and rescue procedures.
I. The student will be able to describe correct bandaging techniques.
J. The student will be able to describe proper splinting techniques.
K. The student will be able to present correct technique for carrying victims to safety.
L. The student will be able to describe CPR procedures.
M. The student will be able to utilize internet and demonstrate computer skills.

COURSE COMPETENCIES:

The student will be able to create an awareness of the problems involved in the care and prevention of accidents

1. The student will be able to describe skills and knowledge for the safety of others.
2. The student will be able to develop a sense of responsibility for the care of others.
3. The student will be able to describe the contents of a first aid kit.
4. The student will be able to explain prevention of disease transmission in a first aid situation.
5. The student will be able to describe knowledge of recognizing and caring for an emergency.
6. The student will be able to describe knowledge of when a victim needs to be transported to an emergency facility.

The student will be able to describe knowledge of wounds.

7. The student will be able to identify the different types of wounds.
8. The student will be able to apply knowledge of stopping bleeding.

The student will be able to explain the concept of shock.

9. The student will be able to define shock
10. The student will be able to identify causes and dangers of shock
11. The student will be able to identify signs and symptoms of shock
12. The student will be able to describe the proper treatment for a shock victim.

The student will be able to clarify different types of poisons.

13. The student will be able to describe the different ways we are poisoned.
14. The student will be able to employ the use of the poison control center.
15. The student will be able to recognize and treat swelled poisons.
16. The student will be able to recognize and treat inhaled poisons.
17. The student will be able to recognize and treat absorbed poisons.
18. The student will be able to recognize and treat bites and stings.

The student will be able to explain musculoskeletal injuries.

19. The student will be able to describe the signs and symptoms of fractures, dislocations, strains, sprains and contusions.
20. The student will be able to describe the proper care and treatment of fractures, dislocations, strains, sprains and contusions.
21. The student will be able to describe the proper splinting and immobilization techniques.

The student will be able to describe knowledge of burns and effects of heat and cold.
22. The student will be able to describe the three degrees of burns.
23. The student will be able to describe knowledge of treating burns.
24. The student will be able to describe knowledge of when a burn is critical enough for emergency care.
25. The student will be able to define heat exhaustion, heat stroke and heat cramps.
26. The student will be able to recognize signs and symptoms of heat related illnesses.
27. The student will be able to treat heat related illnesses.
28. The student will be able to define frostbite and hypothermia.
29. The student will be able to recognize signs and symptoms of cold related illnesses.
30. The student will be able to treat frostbite and hypothermia.

*The student will be able to describe CPR and AED procedures*

31. The student will be able to describe the proper ways to assess and care for a victim of a breathing emergency.
32. The student will be able to describe the proper way to assess and care for a victim of a cardiac emergency.
33. The student will be able to describe the proper way to access and care for a choking victim.
34. The student will be able to describe proper use of an AED.

*The student will be able to utilize internet and demonstrate computer skills*

35. The student will be able to utilize the internet to explore various health and fitness related websites.
36. The student will be able to send messages within the online classroom.
37. The student will be able to complete the online quizzes/exams within the virtual classroom.

**ASSESSMENT OF LEARNER OUTCOMES:**
Student progress is evaluated by means that include, but not limited to, exams, written assignments, and class participation.

**SPECIAL NOTES:**

This syllabus is subject to change at the discretion of the instructor. Material included is meant to provide an outline of the course and rules that the instructor will adhere to in evaluating the student’s progress. However, this syllabus is not intended to be a legal contract. Questions regarding the syllabus are welcome any time.

Kansas City Kansas Community College is committed to an appreciation of diversity with respect for the differences among the diverse groups comprising our students, faculty, and staff that is free of bigotry and discrimination. Kansas City Kansas Community College is committed to providing a multicultural education and environment that reflects and respects diversity and that seeks to increase understanding.

Kansas City Kansas Community College offers equal educational opportunity to all students as well as serving as an equal opportunity employer for all personnel. Various laws, including Title IX of the Educational Amendments of 1972, require the college’s policy on non-discrimination be administered without regard to race, color, age, sex,
religion, national origin, physical handicap, or veteran status and that such policy be made known.

Kansas City Kansas Community College complies with the Americans with Disabilities Act. If you need accommodations due to a documented disability, please contact the Director of the Academic Resource Center, in Rm. 3354 or 288-7670.