



# ILLINOIS VALLEY COMMUNITY COLLEGE

## COURSE OUTLINE

**DIVISION: Natural Sciences and Business**

**COURSE: HPE 1004 First Aid**

Date: Spring 2023

Credit Hours: 2

*Complete all that apply or mark "None" where appropriate:*

Prerequisite(s): None

Enrollment by assessment or other measure?  Yes  No

If yes, please describe:

Corequisite(s): None

Pre- or Corequisite(s): None

Consent of Instructor:  Yes  No

Delivery Method:  **Lecture**      **2 Contact Hours** (1 contact = 1 credit hour)  
 **Seminar**      **0 Contact Hours** (1 contact = 1 credit hour)  
 **Lab**      **0 Contact Hours** (2-3 contact = 1 credit hour)  
 **Clinical**      **0 Contact Hours** (3 contact = 1 credit hour)

Offered:  **Fall**     **Spring**     **Summer**

**CATALOG DESCRIPTION and IAI NUMBER (if applicable):**

This course is designed to provide the knowledge and skills necessary to become a citizen responder for both life-threatening and non-life threatening emergencies. Students have the opportunity to earn Adult CPR with AED and First Aid Responding to Emergencies certificates from the American Red Cross by successfully completing requirements for this course.

## **ACCREDITATION STATEMENTS AND COURSE NOTES:**

None

## **COURSE TOPICS AND CONTENT REQUIREMENTS:**

Responding to Emergencies

Body Systems

Checking the Victim

Breathing Emergencies

Cardiac Emergencies and Unconscious Choking

Bleeding, Shock and Soft Tissue Injuries

Musculoskeletal Injuries

Injuries to the Head, Neck and Back and Chest, Abdomen and Pelvis

Sudden Illnesses (including Poisoning, and Bites and Stings)

Substance Misuse and Abuse

Heat and Cold-Related Emergencies

Reaching and Moving Victims in Water

People with Special Needs

## **INSTRUCTIONAL METHODS:**

1. Lecture
2. Group discussions
3. Power Point presentations
4. Audio-visual materials
5. Practical skills sessions

## **EVALUATION OF STUDENT ACHIEVEMENT:**

Students are expected to attend class, therefore each class period is counted as points toward attendance. The final grade will be based on total points accumulated from attendance, quizzes, assignments, skill evaluations and exams. The following scale will be used to determine the letter grade for the course:

Grade

100-90% = A

89-80% = B

79-70% = C

69-60% = D

59-0% = F

## **INSTRUCTIONAL MATERIALS:**

### **Textbooks:**

American Red Cross First Aid: Responding to Emergencies.

### **Resources**

Internet Access: Blackboard usage is required.

First Aid Kit

Breathing Barrier

Bandages and Wraps

## **LEARNING OUTCOMES AND GOALS:**

### **Institutional Learning Outcomes**

- 1) Communication – to communicate effectively;
- 2) Inquiry – to apply critical, logical, creative, aesthetic, or quantitative analytical reasoning to formulate a judgement or conclusion;
- 3) Social Consciousness – to understand what it means to be a socially conscious person, locally and globally;
- 4) Responsibility – to recognize how personal choices affect self and society.

### **Course Outcomes and Competencies**

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

1. Identify the most important action to take in a life-threatening emergency.
2. Identify the major structures of the respiratory, circulatory, nervous, and musculoskeletal systems.
3. Explain why you should follow the emergency action principles in any emergency.
4. Demonstrate how to do a primary and secondary survey.
5. Describe and demonstrate first aid care for a conscious and an unconscious victim with an obstructed airway.
6. Identify signals of a heart attack.
7. Describe the purpose of and demonstrate CPR for an adult.
8. Identify the necessity and importance of accessing an AED.
9. Describe and demonstrate how to control bleeding, and explain what care to give to minimize shock.
10. Describe the general care for burns and musculoskeletal injuries.
11. Identify general signals and provide care for sudden illnesses, poisoning emergencies and heat and cold related illnesses.
12. Demonstrate procedures for moving injured people.