

KIN A002N: AQUATIC FIRST AID/CPR/AED FOR LIFEGUARD RESCUE NONCREDIT

Item	Value
Curriculum Committee Approval Date	12/08/2021
Top Code	083570 - Aquatics and Lifesaving
Units	0 Total Units
Hours	13 Total Hours (Lecture Hours 9; Lab Hours 4)
Total Outside of Class Hours	0
Course Credit Status	Noncredit (N)
Material Fee	Yes
Basic Skills	Not Basic Skills (N)
Repeatable	Yes; Repeat Limit 99
Grading Policy	P/NP/SP Non-Credit (D)

Course Description

This is a course. Emphasizes injury prevention, early medical care, first aid for common injuries and life-saving skills. Successful completion qualifies a student for the American Red Cross Standard First Aid Card and CPR Certification. Noncredit. NOT DEGREE APPLICABLE. Not Transferable.

Course Level Student Learning Outcome(s)

1. Recognize and care for breathing and cardiac emergencies in adults, children and infants.
2. Employ proper methods of assessment and diagnosis of symptoms, using the emergency action steps.
3. Demonstrate competency in all required skills, techniques and procedures.

Course Objectives

- 1. Demonstrate rescue-breathing techniques for adult, child, and infant.
- 2. Demonstrate proper CPR techniques for adult, child, and infant.
- 3. Demonstrate proficiency to overcome airway obstruction, conscious and unconscious, for an adult child, infant, pregnant woman, or obese person.
- 4. Demonstrate skills needed to care for victims of sudden cardiac arrest through use of an Automated External Defibrillator (AED).

Lecture Content

Introduction Emergency Cardiac Care Emergency Medical Services Legal Considerations Heart and Lung Anatomy Risk Factors of Heart Attack and Stroke Prudent Heart Living Coronary Artery Disease and Sudden Death How to Recognize a Heart Attack Actions For Survival How to Use Performance Guidelines Performance Guidelines Single rescuer CPR adults, infant, and children Two rescuer CPR adult, infant, and children Complete airway obstruction adult, infant, and children conscious victim unconscious victim AED-adults and children Rescue with emergency equipment AED CPR with Facemask Rescue Breathing with Bag-valve

mask Backboards and Cervical Spine Collars First Aid Ring buoy Rescue buoy Without emergency equipment Swimming rescues and assists CPR I Rescue Breathing First Aid Life-threatening emergencies Breathing emergencies The breathing process respiratory distress Respiratory arrest Choking Special consideration for CPR Cardiac emergencies Heart attack Cardiac emergencies in children and infants Bleeding Blood and blood vessels Response when bleeding occurs Shock

Lab Content

Hands on application to demonstrate skills, including: Use of mannequins to practice breathing techniques and compression Proper use of a variety of first aid supplies and equipment Proper technique for using AED

Method(s) of Instruction

- Enhanced NC Lect (NC1)
- Enhanced NC Lab (NC2)

Instructional Techniques

Lecture, Laboratory, Demonstration, Red Cross video, actual rescue video.

Reading Assignments

Student will read from the CPR text book.

Writing Assignments

Written exams

Out-of-class Assignments

Reading assignments

Demonstration of Critical Thinking

Performance of skill techniques on mannequins, evaluation of mannequin tape analysis

Required Writing, Problem Solving, Skills Demonstration

Demonstration of proficiency in skills listed.

Eligible Disciplines

Physical education: Masters degree in physical education, exercise science, education with an emphasis in physical education, kinesiology, physiology of exercise, or adaptive physical education, OR bachelors degree in any of the above AND masters degree in any life science, dance, physiology, health education, recreation administration, or physical therapy OR the equivalent. Masters degree required.

Other Resources

1. CPR/AED for the Professional Rescuer by the American Red Cross.