

Department:

Physical Education

Course Description:

This course focuses on the knowledge and skills needed to give immediate care to an ill or injured person until more advanced medical care arrives. The course covers identifying and eliminating potentially hazardous conditions in personal or work environments, recognizing emergencies, and making appropriate decisions for first aid care.

Course Competencies:

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

1. Examine patients and use emergency medical skills if needed.
2. Assess minor injuries and provide care.
3. Recognize and treat patients going into shock.
4. Provide rescue breathing.
5. Assess soft tissue injuries.
6. Treat minor muscle, bone, and joint injuries.
7. Provide care quickly and efficiently and apply appropriate procedures for heat and cold related emergencies.
8. Apply appropriate emergency treatments for substance abuse.
9. Use an epinephrine auto-injector.

Course Content:

- A. Introduction
- B. Responding to an Emergency
- C. Before Giving Care
- D. Body Systems
- E. Checking the Victim
- F. Breathing Emergencies
- G. Cardiac Emergencies and Unconscious Choking
- H. Bleeding
- I. Shock
- J. Soft Tissue Injuries
- K. Musculoskeletal Injuries
- L. Injuries to the Extremities
- M. Injuries to the Head, Neck, and Back
- N. Injuries to the Chest, Abdomen, and Pelvis
- O. Sudden Illness
- P. Poisoning

- Q. Bites and Stings
- R. Substance Misuse and Abuse
- S. Heat and Cold Related Emergencies
- T. Special Situations

Learning Assessments:

Course competencies will be assessed by quizzes, exams, skills tests, reflections papers, and a comprehensive final exam.

Instructional Materials:

First Aid – Responding to Emergencies, 4th Ed., The American National Red Cross, Revised Edition 2007 ISBN: 978-1-58480-400-0

Bloodborne Pathogens Training, The American National Red Cross, 2003 ISBN: 1-58480-167-0

Guidelines for Requesting Accommodations Based on Documented Disability or Medical Condition

It is the intention of Highland Community College to work toward full compliance with the Americans with Disabilities Act, to make instructional programs accessible to all people, and to provide reasonable accommodations according to the law.

Students should understand that it is their responsibility to self-identify their need(s) for accommodation and that they must provide current, comprehensive diagnosis of a specific disability or medical condition from a qualified professional in order to receive services. Documentation must include specific recommendations for accommodation(s). Documentation should be provided in a timely manner prior to or early in the semester so that the requested accommodation can be considered and, if warranted, arranged.

In order to begin the process all students **must** complete the “Disabilities Self-Identification Form” at this link:

<https://highlandcc.edu/pages/disability-services>.

This form can also be accessed at the Highland Community College homepage under Students Services/Student Resources/Disability Service or by contacting the Disabilities Coordinator.