



Syllabus

HPE 111 First Aid and Basic Life Support

General Information

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Department Physical Education and Integrated Health Care

Course Prefix HPE

Course Number 111

Course Title First Aid and Basic Life Support

Course Information

Catalog Description The student will be trained to respond to breathing and cardiac emergencies as well as use of an Automatic External Defibrillator. Bloodborne pathogen and basic First Aid training will cover immediate care procedures for injuries and common illness. At the conclusion of this course students are eligible to earn certifications in Basic Life Support for the healthcare provider, bloodborne pathogens, and basic First Aid.

Credit Hours 1

Lecture Contact Hours 2

Lab Contact Hours 0

Other Contact Hours 0

Grading Scheme Letter

Prerequisites

None

Co-requisites

None

First Year Experience/Capstone Designation

This course **DOES NOT** satisfy the outcomes applicable for status as a FYE or Capstone.

SUNY General Education

This course is designated as satisfying a requirement in the following SUNY Gen Ed category

None

FLCC Values

Institutional Learning Outcomes Addressed by the Course

Vitality, Inquiry, and Perseverance

Course Learning Outcomes

Course Learning Outcomes

1. Evaluate how to approach and manage the scene of any incident safely.
2. Analyze the situation and select decisions about getting help.
3. Implement and appropriate action plan based on observations.
4. Identify hazards or definite absence of potential threats.
5. Recognize victims who are choking or suffering from breathing difficulties or various stages of heart attacks.
6. Demonstrate skills to assess and identify recommended care.
7. Apply and execute the basic skills for administering first aid.

Outline of Topics Covered

High-quality CPR for adults, children, and infants

- The AHA Chain of Survival, specifically the BLS components
- Use of an AED
- Effective ventilations using a barrier device
- Importance of teams in multi-rescuer resuscitation and performance as an effective team member during multirescuer

CPR

- Relief of foreign-body airway obstruction (choking) for adults and infants
- List the priorities, roles, and responsibilities of the first aid rescuer
- Describe the key steps in first aid
- Describe the assessment and first aid actions for the following life-threatening conditions: heart attack, difficulty

breathing, choking, severe bleeding, shock, and stroke

- Use of an epinephrine pen
- Control bleeding and bandaging
- Recognize elements of common injuries
- Recognize elements of common illnesses
- Describe how to find information on preventing illness and injury
- Recognize the legal questions that apply to first aid rescuers
- Define bloodborne pathogens
- Describe the four main steps for staying safe when facing an occupational exposure
- Discuss how universal precautions, personal protective equipment, and hand washing can protect them from infection
- Recognize warning signs and labels for biohazards
- Discuss how to dispose of sharps and other blood-containing items
- Identify the types of spills and methods to clean them
- Discuss an exposure control plan

Program Affiliation

This course is not required as a core course in any programs.