

J. Sargeant Reynolds Community College
Course Content Summary

Course Prefix and Number: EMS 201

Credits: 2

Course Title: EMS Professional Development

Course Description

Prepares students for Paramedic certification at the National Registry Level by fulfilling community activism, personal wellness, resource management, ethical considerations in leadership and research objectives in the Virginia Office of Emergency Medical Services Paramedic curriculum. Lecture 2 hours per week.

Course Prerequisite

none

Course Objectives

Upon completing the course, the student will be able to:

- a. Demonstrate an understanding of wilderness, suburban, and urban EMS.
- b. Understand how EMS can benefit public safety and health in commercial, industrial, public health and community health environments.
- c. Demonstrate proper body mechanics and exercises crucial to physical well-being.
- d. Demonstrate a grasp of personal nutrition and wellness practice.
- e. Create a plan for personal physical and mental well-being.

Major Topics to be Included

- Roles and Responsibilities of the EMT
- Injury and Illness Awareness and Prevention
- Public Health Issues
- Nutrition
- Body Mechanics
- Physical and Mental Wellness

Effective Date of Course Content Summary: April 6, 2009