

**J. Sargeant Reynolds Community College  
Course Content Summary**

**Course Prefix and Number:** HLT 100

**Credits:** 2

**Course Title:** First Aid and Cardiopulmonary Resuscitation

**Course Description:** Focuses on the principles and techniques of safety, first aid, and cardiopulmonary resuscitation. Lecture 2 hours per week.

**General Course Purpose:** To provide training for responding to emergencies, administering basic care for injured patients, and performing rescue breathing and chest compressions on an infant, child, and adult. Serves as general education wellness elective and a required course for selected academic programs.

**Course Prerequisites and Co-requisites:**

None

**Course Objectives:**

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

- a. State the values and reasons for first aid training.
- b. Outline the procedures for a proper victim evaluation.
- c. Describe the first aid procedures for the following: shock, conscious and unconscious choking victims, poisoning victims, victims of drug abuse, burn victims, victims of frostbite, cold exposure, heat stroke, heat cramps and heat exhaustion, sprains, strains, dislocations, fractures, and specific injuries of the body.
- d. Perform CPR and AED skills on an infant, child, and adult manikin

**Major Topics to Be Included:**

- a. Safety procedures and prevention of accidents
- b. Victim evaluation
- c. Wounds
- d. Specific injuries
- e. Shock
- f. Cardiopulmonary resuscitation
- g. Choking
- h. Poisoning
- i. Drugs and overdose
- j. Burns
- k. Frostbite and cold exposure
- l. Heat stroke, heat cramps, heat exhaustion
- m. Sudden illness
- n. Dressings and bandages
- o. Bone and joint injuries
- p. Emergency rescue and short-distance transfer
- q. Emotional emergencies

**Effective Date of Course Content Summary:** April 14, 2014