

Course Objectives/Course Outline
Spokane Community College

Course Title: First Aid
Prefix and Course Number: HLTH 174

Course Learning Outcomes:

By the end of this course, a student should be able to:

- Gain knowledge and skills that allow a person to live a longer, safer, healthier and richer life
- Participate in activities that provide personal growth and development
- Explore and develop strategies to successfully meet the physical and emotional stress in contemporary life

Course Outcomes

- I. Explain the EMS System and the role of the citizen responder
- II. Identify and care for life threatening emergencies
- III. Identify and care for non-life threatening emergencies
- IV. Identify the major risk factors for cardiovascular disease
- V. Demonstrate proper CPR techniques
- VI. Describe when and how to move a patient/victim in an emergency situation