

## **Course Objectives/Course Outline**

**Course Title: First Aid**

**Prefix and Course Number: HLTH 174**

**Learning/Performance Expectations** (e.g., outcomes, performance objectives, competencies, etc.)

By the end of this course, a student should:

- 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