

J. Sargeant Reynolds Community College
Course Content Summary

Course Prefix and Number: HLT 105

Credits: 1

Course Title: Cardiopulmonary Resuscitation

Course Description: Provides training in coordinated mouth-to-mouth artificial ventilation and chest compression, choking, life-threatening emergencies, sudden illness, and AED skills for adults, children, and infants. Equivalent to EMS 100. Lecture 1 hour per week.

General Course Purpose: This course is offered based on American Heart Association Standards and will give the student the abilities needed to offer life-sustaining support to patients in cardiopulmonary emergencies.

Course Prerequisites and Co-requisites:

None

Student Learning Outcomes:

Upon completing the course, the student will be able to

- a. Apply correctly and consistently the cognitive and psychomotor skills of cardiopulmonary resuscitation;
- b. Recognize prudent heart living, risk factors, signals, and actions for survival and system entry;
- c. Perform the one-man, two-man, and baby CPR (American Heart) scenario without error;
- d. Achieve a grade of 84% or better on a written examination for certification; and
- e. Operate an Automatic External Defibrillator (AED) for adults, children, and infants.

Major Topics to Be Included:

- a. Breathing, Circulation, and Cardiac Arrest
- b. Early Warning Signals
- c. Prudent Heart Living
- d. Artificial Respiration and Artificial Circulation
- e. One-man CPR
- f. Infant and Child
- g. Foreign Body Obstruction
- h. AED Operation

Note: Professional rescuer skills are an optional component in this course and will include the following two rescue procedures: airway management skills, use of resuscitation masks.

Date Created/Updated (Month, Day, and Year): January 24, 2019