

**RARITAN VALLEY COMMUNITY COLLEGE
ACADEMIC COURSE OUTLINE**

EXSC 129 – First Aid & CPR

I. Basic Course Information

A. Course Number and Title: **EXSC 129 – First Aid & CPR**

B. New or Modified Course: **MODIFIED**

C. Date of Proposal: Semester: **FALL** Year: **2024**

D. Effective Term: Fall 2025

E. Sponsoring Department: **Health Science Education**

F. Semester Credit Hours: **3**

G. Weekly Contact Hours: **4** Lecture: **2**
Laboratory: **2**
Out of class student work per week: **5**

H. ☐ Prerequisite (s): None
☐ Corequisite (s): None

I. Additional Fees: None

II. Catalog Description

This course is designed to introduce students to acute management skills for common injuries and illnesses experienced by athletes and the active population. Students will learn to evaluate and stabilize an athlete in a variety of emergency situations, including: catastrophic injury to the head and neck; cessation of breathing and circulation; shock; concussion; general medical emergencies; heat and cold illnesses; internal injuries; and other life threatening or serious injury. Additional topics covered include wound care, splinting, bleeding emergencies, poison care, burn care, recognition and care of diabetic emergencies, strokes, and epilepsy. Course includes certification on first aid, CPR for the professional rescuer and AED use. Students will practice and complete competencies for triage, recognizing an emergency, managing the scene, assessment of conscious and unconscious child, infant and adult, conscious and unconscious choking, rescue breathing for adult, child and infant, CPR for adult child and infant, two-man CPR, neck

stabilization and transport. This course is conducted by a certified American Red Cross Instructor. This course provides training and certifications that meet job related requirements as defined by regulatory authorities such as OSHA, the Joint Commission and State Offices of EMS, education, transportation and health.

III. Statement of Course Need

- A. This course is designed to introduce the student to the recognition and care of acute injuries that are common to the active individual. Students will learn skills needed to evaluate, treat and stabilize athletes in a variety of emergency situations. Upon completion of this course students will earn certifications in First Aid, CPR for the Professional Rescuer and AED.
- B. The lab in this course introduces the student to the practical skills and gives them practice on application of those skills needed to be successful in the requirements for national certification
- C. This course generally transfers as an Exercise Science/Sports Medicine program requirement. This course generally transfers as a Health Science program elective.

IV. Place of Course in College Curriculum

- A. Free Elective (This applies automatically to all college level credit courses in the College.)
- B. This course meets a program requirement for the Associate Degree in Exercise Science, and the Fitness Specialist Certificate.
- C. To see course transferability: a) for New Jersey schools, go to the NJ Transfer website, www.njtransfer.org; b) for all other colleges and universities, go to the individual websites.

V. Outline of Course Content

- A. Introduction to Emergency Care and Responsibilities of the Care Giver.
- B. Recognizing an Emergency – Securing the Scene
- C. Victim Assessment – Conscious/Unconscious a. adult, child & infant
- D. Basic Life Support
 - 1. Rescue Breathing
 - 2. CPR
 - 3. Obstructed Airway
 - 4. AED
- E. First Aid
 - 1. Control of Bleeding
 - 2. Wound Care
 - 3. Shock
 - 4. Musculoskeletal Injuries
 - 5. Poison Emergencies

6. Drug & Alcohol Emergencies
 7. Diabetes
 8. Epilepsy
 9. Burns
 10. Heat & Cold Emergencies
- F. Stabilization and Transfer of Victim

VI. A. Course Learning Outcomes:

At the completion of the course, students will be able to:

1. Demonstrate proper protocol for emergency first aid care for both illness and injury and express both orally and in writing. (GE-1)*
2. Explain and demonstrate accurate analysis of an emergency situation and the appropriate response, including proper technique of oxygen administration, infection control, safe methods of transportation, and management of a variety of conditions. (GE-1)*
3. Create and explain an Emergency Action Plan appropriate for emergencies of acute injuries and illnesses, including documentation, and policy development. (GE-1)*
4. Identify and explain the components of a functioning EMS system and the role of the professional rescuer, first responder, physician, EMT, hospital personnel, and other associated individuals, including the athletic trainer. (GE-1).

*Embedded Critical Thinking

B. Assessment Instruments

1. Practical Exams
2. Quizzes
3. Written Tests
4. Demonstration of Skill Proficiency

VII. Grade Determinants

- A. Assignments
- B. In-Class Participation
- C. Tests/Quizzes
- D. Successful Demonstration of Required Skills

Given the goals and outcomes described above, LIST the primary formats, modes, and methods for teaching and learning that may be used in the course:

- A. lecture/discussion

- B. small-group work
- C. practical demonstrations

VIII. Texts and Materials

- A. CPR/AED for the Professional Rescuer Participants Handbook-Item 75217, American Red Cross, American Red Cross Store, 2024. ISBN: 9798988787709
- B. Basic Life Support Participant's Manual (Updated), American Red Cross, American Red Cross Store, 2021. ISBN: 9781736744727
- C. ECIS AAOS Oxygen Administration
- D. Professional CRP Mask: Adult & Infant
- E. Roll Gauge and Triangular Bandage

(Please Note: The course outline is intended only as a guide to course content and resources. Do not purchase textbooks based on this outline. The RVCC Bookstore is the sole resource for the most up-to-date information about textbooks.)

IX. Resources

- A. RVCC Human Performance Lab
- B. EMS Backboards and Splint Boards
- C. BVM: Adult & Infant
- D. Suction Device with oral airways and nasal cannulas
- E. C-Spine Neck Braces

X. Check One: ☐ Honors Course ☐ Honors Options ☒ N/A