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