



**COWLEY COLLEGE  
& Area Vocational Technical School**

**COURSE PROCEDURE FOR**

<p><b>BASIC FIRST AID ALH5211 1 Credit Hour</b></p>
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**Student Level:**

This course is open to students on the college level in either the freshman or sophomore year.

**Catalog Description:**

**ALH5211 - BASIC FIRST AID (P) (1 hr)**

This course is designed for students who want to gain a better understanding of common medical and traumatic injuries and how to provide basic first aid.

**Prerequisite:**

None.

**Controlling Purpose:**

This course is designed to provide the student information about common medical and traumatic emergencies and how to provide basic first aid.

**Learner Outcomes:**

Upon completion of this course the student will be able to perform basic first aid procedures for common medical and traumatic emergencies.

**Units Outcomes and Criterion Based Evaluation Key for Core Content:**

The following defines the minimum core content not including the final examination period. Instructors may add other content as time allows.

Evaluation Key:

- A = All major and minor goals have been achieved and the achievement level is considerably above the minimum required for doing more advanced work in the same field.
- B = All major goals have been achieved, but the student has failed to achieve some of the less important goals. However, the student has progressed to the point where the goals of work at the next level can be easily achieved.
- C = All major goals have been achieved, but many of the minor goals have not been achieved. In this grade range, the minimum level of proficiency represents a person who has achieved the major goals to the minimum amount of preparation necessary for taking more advanced work in the same field, but without any major handicap of

- inadequacy in his background.
- D = A few of the major goals have been achieved, but the student's achievement is so limited that he is not well prepared to work at a more advanced level in the same field.
- F = Failing, will be computed in GPA and hours attempted.
- N = No instruction or training in this area.

### UNIT 1: INTRODUCTION TO FIRST AID CARE

Outcomes: The student will gain an understanding of basic first aid theory and practice.

A	B	C	D	F	N	Specific Competencies
						The student will demonstrate the ability to:
						Describe the purpose of first aid care.
						Discuss the legal issues that concern patient care while functioning as a first aid rescuer.
						State the importance of contacting 911 (or other number at different locales) in an emergency.
						List threats commonly found at an emergency scene.
						Describe 'universal precautions' and why they are important.
						Compare and contrast bandages and dressings.
						Describe the elements of a scene survey.
						Describe the elements of an initial assessment.
						Describe the recovery position and why it is utilized in emergency care.

### UNIT 2: FIRST AID FOR TRAUMA VICTIMS

Outcomes: The student will gain an understanding of various trauma conditions and how to treat each using basic first aid skills.

A	B	C	D	F	N	Specific Competencies
						The student will demonstrate the ability to:
						Describe how to control external bleeding.
						Define shock and how to treat it using basic first aid.
						Describe the different types of burns and how to treat each using basic first aid.
						Define a fracture and how to treat victims using basic first aid.

Rev. 6/03/2016

DISCLAIMER: THIS INFORMATION IS SUBJECT TO CHANGE. FOR THE OFFICIAL COURSE PROCEDURE CONTACT ACADEMIC AFFAIRS.

						Describe the various types of wounds and how to care for each type of injury.
						List the steps of assessing for a spinal injury.

### UNIT 3: FIRST AID FOR MEDICAL EMERGENCY VICTIMS

Outcomes: The student will gain an understanding of various medical emergency conditions and how to treat each using basic first aid skills.

A	B	C	D	F	N	Specific Competencies
						The student will demonstrate the ability to:
						Define heart attack and angina, and how to treat victims using basic first aid.
						Define stroke and how to treat victims using basic first aid.
						Describe common bites and stings, and how to treat victims using basic first aid.
						Define difficulty breathing and how to treat victims using basic first aid.
						List common causes of an altered level of consciousness and how to treat victims using basic first aid.
						Define seizure and how to treat victims using basic first aid.
						Describe the two types of diabetic emergencies and how to treat victims using basic first aid.
						Describe poisoning and how to treat victims using basic first aid.
						Describe hypothermia and frostbite, and how to treat victims using basic first aid.
						Describe the three types of heat-related emergencies and how to treat victims using basic first aid.

**Projects Required:**

Projects may vary according to the instructor.

**Textbook:**

Contact Bookstore for current textbook.

**Materials/Equipment Required:**

Computers and printers.  
Internet.

**Attendance Policy:**

Students should adhere to the attendance policy outlined by the instructor in the course syllabus.

**Grading Policy:**

The grading policy will be outlined by the instructor in the course syllabus.

**Maximum class size:**

Based on classroom occupancy

**Course Time Frame:**

The U.S. Department of Education, Higher Learning Commission and the Kansas Board of Regents define credit hour and have specific regulations that the college must follow when developing, teaching and assessing the educational aspects of the college. A credit hour is an amount of work represented in intended learning outcomes and verified by evidence of student achievement that is an institutionally-established equivalency that reasonably approximates not less than one hour of classroom or direct faculty instruction and a minimum of two hours of out-of-class student work for approximately fifteen weeks for one semester hour of credit or an equivalent amount of work over a different amount of time. The number of semester hours of credit allowed for each distance education or blended hybrid courses shall be assigned by the college based on the amount of time needed to achieve the same course outcomes in a purely face-to-face format.

**Refer to the following policies:**

[402.00 Academic Code of Conduct](#)

[263.00 Student Appeal of Course Grades](#)

[403.00 Student Code of Conduct](#)

**Disability Services Program:**

Cowley College, in recognition of state and federal laws, will accommodate a student with a documented disability. If a student has a disability which may impact work in this class and which requires accommodations, contact the Disability Services Coordinator.