

FLORIDA STATE COLLEGE AT JACKSONVILLE

COLLEGE CREDIT COURSE OUTLINE

COURSE NUMBER: HSC 2400

COURSE TITLE: Standard First Aid and CPR

PREREQUISITE(S): None

COREQUISITE(S): None

CREDIT HOURS: 3

CONTACT HOURS/WEEK: 3

CONTACT HOUR BREAKDOWN:

 Lecture/Discussion: 3

 Laboratory:

 Other _____:

FACULTY WORKLOAD POINTS: 3

STANDARDIZED CLASS SIZE
ALLOCATION: 25

CATALOG COURSE DESCRIPTION:

This course meets the need of individuals who have an opportunity to give first aid care, whether in their daily routine or special activities. Upon successful completion of the course, students earn the National Safety Council Certificate.

SUGGESTED TEXT(S): First Aide & CPR by: National Safety Council

IMPLEMENTATION DATE: Fall Term, 1986 (871)

REVIEW OR MODIFICATION DATE: Fall Term, 1995 (961)
Fall Term, 2002 (20031)

COURSE TOPICS

CONTACT HOURS
PER TOPIC

I.	Introduction, Shock, Respiratory Emergencies, and Swallowed Objects	8
	A. Introduction to First Aid	
	1. Definition of	
	2. Reasons for	
	3. Value of	
	4. General Directions for Giving First Aid	
	B. Shock	
	1. Definition	
	2. Causes	
	3. Signs and Symptoms	
	4. Treatment Objectives	
	5. First Aid	
	C. Respiratory Emergencies	
	1. Definitions	
	2. Causes of Respiratory Failure	
	3. The breathing Process	
	4. Artificial Respiration	
	5. Prevention of Respiratory Accidents	
	6. Swimming Safety Tips	
	7. Boating Safety Tips	
	D. Swallowed Objects and Choking	
	1. Causes of Choking	
	2. Signs and Symptoms	
	3. First Aid	
	4. Prevention	
II.	Wounds, Specific Injuries, and Bandaging	7
	A. Wounds	
	1. Definitions	
	2. Common Causes	
	3. Symptoms	
	4. First Aid	
	5. Prevention of Wound-Causing Accidents	
	B. Specific Injuries	
	1. Head and Neck	
	2. Chest, Abdomen and Back	
	3. Extremities	
	4. Blisters	
	C. Dressings and Bandages	
	1. Definitions, Functions and Kinds	
	2. Techniques of Applying	
	3. First Aid Kits and Supplies	

COURSE TOPICS (CONTINUED)

CONTACT HOURS
PER TOPIC

III. Poisoning, Drugs and Abuse, Burns

6

A. Poisoning

1. Definitions
2. Causes
3. Signs and Symptoms; First Aid
 - a. Poisoning by Mouth
 - b. Poisoning by Contact
 - c. Poisoning by Marine Life
 - d. Poisonous Insect Bites
 - e. Poisonous Snake Bites

B. Drugs and Their Abuse

1. Definitions
2. Identification of Drug Abuse
3. Signs/Symptoms and First Aid

C. Burns

1. Definitions
2. Causes and Effects
3. Classification, Extent and Location
4. First Aid
5. Prevention of Heat Emergencies

IV. Cold Exposure, Excessive Heat and Sudden Illness

3

A. Cold Exposure and Frostbite

1. Definitions and Causes
2. Signs and Symptoms
3. First Aid
4. Prevention of Injuries from Extreme Cold

B. Excessive Heat (Heat Stroke, Heat Cramps, Heat Exhaustion)

1. Definitions and Causes
2. Signs and Symptoms
3. First Aid
4. Prevention

C. Sudden Illnesses

1. Heart Attack
2. Stroke
3. Fainting
4. Convulsions
5. Epilepsy

V. Skeletal Injuries and Emergency Rescue

6

A. Bone and Joint Injury

COURSE TOPICS (CONTINUED)

CONTACT HOURS
PER TOPIC

1. Definitions
2. Signs and symptoms
3. Techniques of Applying Splints
 - B. Emergency Rescue and Short Distance Transfer
 1. Definition of Emergency Rescue
 2. Indication for immediate rescue
 3. Procedure
 4. Methods of Transfer

VI. CPR

15