



5055 Santa Teresa Blvd  
Gilroy, CA 95023

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### Course Outline

**COURSE:** JFT 239                      **DIVISION:** 50                      **ALSO LISTED AS:** JFT 600

**TERM EFFECTIVE:** Summer 2025                      **CURRICULUM APPROVAL DATE:** 03/11/2025

**SHORT TITLE:** First Aid & CPR

**LONG TITLE:** First Aid & CPR

<u>Units</u>	<u>Number of Weeks</u>	<u>Type</u>	<u>Contact Hours/Week</u>	<u>Total Contact Hours</u>
.5 TO 1	18	Lecture:	.5 TO 1	9 TO 18
		Lab:	.5 TO 1.5	9 TO 27
		Other:	0	0
		Total:	1 TO 2.5	18 TO 45

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Out of Class Hrs:            18.00 TO 36.00

Total Learning Hrs:        36.00 TO 81.00

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### COURSE DESCRIPTION:

This 16-40 hour variable course provides First Responder CPR (adult, child, infant), Automated External Defibrillator (AED) and basic first aid measures for a number of medical emergencies and conditions Public Safety Officers may encounter as a First Responder. This course meets POST certification requirements. This course can be offered to as a CPR and First Aid for civilians.

**PREREQUISITES:**

**COREQUISITES:**

**CREDIT STATUS:** C - Credit - Degree Non Applicable

**GRADING MODES**

P - Pass/No Pass

**REPEATABILITY:** R - Course may be repeated

Maximum of 99 times

**SCHEDULE TYPES:**

- 02 - Lecture and/or discussion
- 03 - Lecture/Laboratory
- 04 - Laboratory/Studio/Activity

**STUDENT LEARNING OUTCOMES:**

By the end of this course, a student should:

1. Demonstrate proper CPR techniques for adult, child and infant.
2. Students will demonstrate patient assessments and when faced unstable joints, excessive bleeding or a diabetic emergency apply the proper response.

**COURSE OBJECTIVES:**

By the end of this course, a student should:

1. recognize and respond appropriately to cardiac, breathing and first aid emergencies, and give immediate care to a suddenly injured or ill person until more advanced medical personnel arrive and take over

**COURSE CONTENT:**

CURRICULUM APPROVAL DATE: 03/11/2025

**LECTURE CONTENT:**

Lecture and lab content are coordinated to provide lecture and hands-on activities at the same time

**I. First Aid (2 hour - 3 hour)****A. Personal Protective Equipment (PPE)**

1. Use of Gloves, gown, mask
2. Hand washing
3. Latex Allergy / Sensitivity

**B. Bleeding Types**

1. Arterial
2. Venous
3. Capillary

**C. Controlling Bleeding****D. Shock****E. Bandaging****F. Bone and Joint Injuries**

1. Fractures
2. Dislocations
3. Sprains

**G. Head Injuries**

1. Assessment
2. Spinal Precautions
3. Facial Injuries

**H. Diabetic Emergencies**

1. Hyperglycemia
2. Hypoglycemia

**I. Seizures**

1. Types and causes
2. Treatment
  - a. During
  - b. Post seizure

**COURSE CONTENT(CONTINUED):**

**LECTURE CONTENT(CONTINUED):**

J. Stroke

K. Cardiac Emergencies

1. Signs and symptoms

2. Treatment

L Burns

1. Types

a. Thermal

b. Chemical

c. Electrical

M. Heat Emergencies

N. Chest Injuries

P. Abdominal Injuries

Q. Written Test

II. Bloodborn Pathogens (2-4)

A. HIV

B. Hepatitis A

C. Hepatitis B

D. Hepatitis C

E. Syphilis

F. West Nile Virus

G. Tuberculosis

1. Risk assessment and testing

H. Post-exposure treatments

I. Influenza

J. Written test

**COURSE CONTENT(CONTINUED):**

**LECTURE CONTENT(CONTINUED):**

III. Cardiopulmonary Resuscitation (2-4 hours)

A. Adult

1. ABCs
2. Proper victim position
3. Locating compression point
4. Performing compressions
  - a. proper rate, depth
5. Rechecking pulse and continuing CPR/breathing cycles
6. Rescuer 1 vs. rescuer 2
7. Demonstration
8. Practice
9. Skills test

B. Child

1. ABC?s
2. Proper victim position
3. Locating compression point
4. Performing compressions
  - a. proper rate, depth
5. Rechecking pulse and continuing CPR/breathing cycles
6. Rescuer 1 vs. rescuer 2
7. Demonstration
8. Practice
9. Skills test

C. Infant

1. ABC?s
2. Proper victim position
3. Locating compression point
4. Performing compressions
  - a. proper rate, depth
5. Rechecking pulse and continuing CPR/breathing cycles
6. Rescuer 1 vs. rescuer 2
7. Demonstration
8. Practice
9. Skills test

IV. CPR considerations (1 hour)

A. When to start, pause or stop CPR

V. Rescue Breathing ( 1 - 2 hours)

A. Protective masks

B. Ventilation rates

1. Adults
2. Child
3. Infant

C. Potential Complications

D. Skills demonstration

**COURSE CONTENT(CONTINUED):****LECTURE CONTENT(CONTINUED):**

## VI. Use of Automatic External Defibrillator (AED) ( 1 - 4 hours)

- A. Application and Operation
- B. Safety Precautions
- C. Post Shock Assessment
  - 1. Patient assessment
- D. Skills Demonstration

**LAB CONTENT:**

Lecture and lab content are coordinated to provide lecture and hands-on activities at the same time.

Skills exams are incorporated into each skill in lab content.

## I. First Aid (2-3 hours)

- A. Personal Protective Equipment (PPE)
  - 1. Use of Gloves, gown, mask
  - 2. Hand washing
  - 3. Latex Allergy / Sensitivity

## B. Bleeding Types

- 1. Arterial
- 2. Venous
- 3. Capillary

## C. Controlling Bleeding

## D. Shock

## E. Bandaging

## F. Bone and Joint Injuries

- 1. Fractures
- 2. Dislocations
- 3. Sprains

## G. Head Injuries

- 1. Assessment
- 2. Spinal Precautions
- 3. Facial Injuries

## H. Diabetic Emergencies

- 1. Hyperglycemia
- 2. Hypoglycemia

## I. Seizures

- 1. Types and causes
- 2. Treatment
  - a. During
  - b. Post seizure

## J. Stroke

**COURSE CONTENT(CONTINUED):**

**LAB CONTENT(CONTINUED):**

K. Cardiac Emergencies

1. Signs and symptoms
2. Treatment

L Burns

1. Types
  - a. Thermal
  - b. Chemical
  - c. Electrical

M. Heat Emergencies

N. Chest Injuries

P. Abdominal Injuries

Q. Written Test

II. Bloodborn Pathogens (2-4 hours)

A. HIV

B. Hepatitis A

C. Hepatitis B

D. Hepatitis C

E. Syphilis

F. West Nile Virus

G. Tuberculosis

1. Risk assessment and testing

H. Post exposure treatments

I. Influenza

J. Written test

**COURSE CONTENT(CONTINUED):**

**LAB CONTENT(CONTINUED):**

III. Cardiopulmonary Resuscitation (2-6 hours)

A. Adult

1. ABC?s
2. Proper victim position
3. Locating compression point
4. Performing compressions
  - a. proper rate, depth
5. Rechecking pulse and continuing CPR/breathing cycles
6. Rescuer 1 vs. rescuer 2
7. Demonstration
8. Practice
9. Skills test

B. Child

1. ABCs
2. Proper victim position
3. Locating compression point
4. Performing compressions
  - a. proper rate, depth
5. Rechecking pulse and continuing CPR/breathing cycles
6. Rescuer 1 vs. rescuer 2
7. Demonstration
8. Practice
9. Skills test

C. Infant

1. ABCs
2. Proper victim position
3. Locating compression point
4. Performing compressions
  - a. proper rate, depth
5. Rechecking pulse and continuing CPR/breathing cycles
6. Rescuer 1 vs. rescuer 2
7. Demonstration
8. Practice
9. Skills test

IV. CPR considerations (1 hour)

A. When to start, pause or stop CPR

V. Rescue Breathing (1-3 hours)

A. Protective masks

B. Ventilation rates

1. Adults
2. Child
3. Infant

C. Potential Complications

D. Skills demonstration and test

**COURSE CONTENT(CONTINUED):****LAB CONTENT(CONTINUED):**

VI. Use of Automatic External Defibrillator (AED) (1 -5 hours)

A. Application and Operation

B. Safety Precautions

C. Post Shock Assessment

1. Patient assessment

D. Skills Demonstration and test

**METHODS OF INSTRUCTION:**

Lecture Demonstration Discussion Lab Activity

**OUT OF CLASS ASSIGNMENTS:**

Assignment Description

9 - 18 hours - Students will practice bandage and splinting techniques

Assignment Description

9 - 18 Hours - Students will participate in practical exercises using a mannequin to perform CPR and first aid techniques learned in class

**METHODS OF EVALUATION:**

Skill demonstrations

Evaluation Percent 50

Evaluation Description

Students will demonstrate proper CPR and AED techniques during skills exam.

Skill demonstrations

Evaluation Percent 50

Evaluation Description

Students will demonstrate proper first aid during skills exam.

**REPRESENTATIVE TEXTBOOKS:**

Heartsaver Student Workbook First Aid CPR AED, American Heart Association , American Heart , 2023 or a comparable textbook/material.

ISBN: 978-1-1-61669-424-1

**ARTICULATION and CERTIFICATE INFORMATION**

Associate Degree: CSU GE:

IGETC:

CSU TRANSFER:

Not Transferable UC

TRANSFER:

Not Transferable

**SUPPLEMENTAL DATA:**

Basic Skills: N

Classification: Y

Noncredit Category: Y

Cooperative Education: N

Program Status: 1 Program Applicable

Special Class Status: N

CAN:

CAN Sequence:

CSU Crosswalk Course Department:

CSU Crosswalk Course Number: Prior to

College Level: Y

Non Credit Enhanced Funding: N

Funding Agency Code: Y

In-Service: N

Occupational Course: C

Maximum Hours:

Minimum Hours:

Course Control Number: CCC000652067

Sports/Physical Education Course: N

Taxonomy of Program: 213300