

**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