

Course Code: KIN 183

Course Title: First Aid and CPR

Department: Natural Sciences

Effective Date: Summer 2026

PCS Code: 1.1 - Baccalaureate/Transfer

CIP Code: 13.1307

Repeatability: 0

Credit Hours

Catalog Notation: 2-0-2

Credit Hour Distribution:

Lecture: 2

Lab: 0

Clinical: 0

Total: 2

General Course Information

Catalog Description

Theory and techniques of first aid and CPR; emphasis on recognizing and responding to emergencies and developing skills needed to provide appropriate care. Health Care Provider-level First Aid and CPR certification issued upon successful completion.

General Course Objectives

To develop basic skill necessary for administering first aid and CPR.

Minimum Placement Levels

English

None

Reading

Placement into CCS 098

Math

None

Prerequisites

None

Methods of Evaluation

5-10 objective exams, 5-10 practical exams, 5-10 assignments, a comprehensive final exam, and attendance.

Instructional Materials and Additional Supplies

First Aid, CPR and AED Advanced, 8th edition; Jones and Bartlett; Required. 9781284105315

iClicker, 9781319149246

Course Content

General Learning Outcomes (GLOs)

- Communication: Students will demonstrate the ability to read, write, listen, and speak effectively.
- Global Awareness and Cultural Reasoning: Students will demonstrate their understanding of global issues, gender and sexual orientation, and multicultural perspectives.

Course Segments and Student Learning Outcomes

Course Segment	Learning Outcomes	Lecture Hours	Lab Hours	Clinical Hours
Legal Aspects	1. Recognize legal duties associated with the Good Samaritan Law, breach of duty, and negligence.	2	0	0
First Aid and Shock	1. Identify the symptoms of shock when given a list of body characteristics containing some shock symptoms and others not symptomatic of shock. 2. Identify the exceptions to the basic position for shock victims.	3	0	0
CPR and AED	1. Correctly perform CPR and demonstrate the ability to use an AED.	6	0	0
Swallowed Objects and Choking	1. Recognize hazardous situations that could result in choking, sound, and stoppage of breathing. 2. List how to eliminate or reduce hazards.	2	0	0
Controlling Bleeding and Poisoning	1. Compare the five types of open wounds by their characteristics and their possible complications. 2. Demonstrate the proper skills used in the three main methods for controlling severe bleeding. 3. List at least three types of poisons for each of the four poison categories (internal, contact, inhaled, injected). 4. Recognize poison-related injury and effectively care for the victim with this injury or condition.	3	0	0
Specific Injuries	1. Recognize and treat a variety of injuries, including but not limited to fractures, contusion, and spinal cord injury.	3	0	0
Burns, Frostbite, Cold Exposure, Heat Stroke, Heat Cramps, and Heat Exhaustion	1. Identify heat and cold emergencies and treat them appropriately.	3	0	0
Sudden Illness	1. Recognize the signs and symptoms of sudden illness, including but not limited to stroke and myocardial infarction, and treat appropriately.	4	0	0
Dressing and Bandages, Splinting and Fractures, Emergency Rescue, and Short-Distance Transfers	1. Identify the need for a dressing/bandage/splint and properly apply it to the affected area.	4	0	0

Total Contact Hours

Lecture Hours	Lab Hours	Clinical Hours
30	0	0