

# HHP 252A : FITNESS/FIRST AID

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## Transcript title

Fitness/First Aid

## Credits

3

## Grading mode

Standard letter grades

## Total contact hours

30

## Lecture hours

30

## Recommended preparation

WR 065 and MTH 015.

## Course Description

Introduces both first aid and wellness topics, such as immediate and temporary care for injury and illness, control of bleeding, care for poisoning, splinting, bandaging and transportation, as well as fitness, nutrition and stress management. Students earn first aid and CPR cards in both adult and infant upon completion of course.

## Course learning outcomes

1. Understand chronic health risks and how to implement holistic lifestyle behavior change to enhance personal and community-wide safety, health, and fitness.
2. Explain the connection between risk of disease and lifestyle behaviors, including assessment of personal risk for disease based on individual lab tests, such as blood pressure, blood cholesterol, and blood glucose measures.
3. Demonstrate understanding of the four major components of fitness and current levels of fitness in each category, including cardiovascular fitness, strength, flexibility, and body composition assessment.
4. Demonstrate understanding of basic nutritional concepts and their influence on the prevention of disease, including personal assessment of diet through diet analysis.
5. Explain the relationship between disease and unmanaged stress and identify personal stressors and stress management techniques.
6. Explain the legal ramifications of rendering aid in emergency situations.
7. Identify the emergency action principles involved in scene assessment and victim evaluation.
8. Recognize the signs and symptoms of common medical emergencies, including shock, heart attack, stroke, diabetic emergencies, heat exhaustion, heat stroke, hypothermia, unstable injuries (fractures and dislocations), poisoning, and possible spine injury.
9. Select and perform appropriate first aid techniques/treatments for common medical emergencies, including bleeding control, wound care, seizures, burns, heart attack, stroke, diabetic emergencies, heat exhaustion, heat stroke, hypothermia, poisoning, splinting of fractures, head injuries, and spine stabilization.

10. Demonstrate the adult, child and infant basic life support procedures for airway obstruction in the conscious and unconscious patient and CPR.

11. Demonstrate the techniques needed for use of an automated external defibrillator device in accordance with the updated CPR guidelines.

## Required materials

Requires textbook.

## General education/Related instruction lists

- Health