

MED101 | First Aid and CPR

Course Texts

Required: American Red Cross. First Aid/CPR/AED Participant's Manual, Staywell, 2017.

Recommended: American Red Cross. *Responding to Emergencies: Comprehensive First Aid/CPR/AED*, Staywell, 2017.

Course Description

This course is designed to teach non-medical personnel how to recognize and treat life-threatening emergencies, assess the victim, and treat cardiovascular emergencies and external and internal injuries. This course also covers emergencies in remote locations and childbirth emergencies.

Learning Outcomes

After completing this course, students will be able to:

1. Explain first aid principles, emergency responses, and initial and secondary patient assessment.
2. Recognize signs and symptoms of various medical emergencies and recommend first aid for each.
3. Recommend dressing and bandages for specific wounds and explain first aid for special wounds and steps to control external bleeding.
4. Compare and contrast types of burns and their effects, assess the severity of a burn, and demonstrate ways to provide first aid for various degrees and types of burns.
5. Assess head, spinal, and musculoskeletal injuries and demonstrate care for such injuries, including the use of splints and slings.
6. Differentiate the effects of internal bleeding and chest and pelvic wounds and demonstrate specific first aid steps for each type of wound.
7. Assess problems of pregnancy, labor, and delivery and explain first aid for a pregnant woman and assisting at childbirth (including complications).
8. Recognize signs of emotional responses to injuries and illness, behavioral problems, and abuse and recommend responses to each.
9. Demonstrate choking care for responsive or unresponsive choking victims and explain the steps of the AED procedure.
10. Apply understanding of the respiratory system to explain rescue breaths and chest compressions for respiratory and cardiovascular emergencies.
11. Assess severity of shock and heat and cold emergencies and explain first aid steps.
12. Evaluate danger to victims trapped in various conditions and demonstrate techniques of rescuing and moving victims.
13. Recognize signs and symptoms of poisoning, substance abuse, and bites and stings and illustrate care for each.

14. Illustrate general principles for injuries in remote locations and care for specific injuries and wilderness emergencies.

Course Prerequisites

There are no prerequisites to take First Aid and CPR.

Academic Integrity Statement

Academic integrity is the pursuit of scholarly activity in an honest, truthful and responsible manner. Violations of academic integrity include, but are not limited to, plagiarism, cheating, fabrication and academic misconduct. Failure to comply with the Academic Integrity Policy can result in a failure and/or zero on the attempted assignment/examination, a removal from the course, disqualification to enroll in future courses, and/or revocation of an academic transcript.

Course Completion Policy

In order for a course to be considered complete, **all required coursework must be attempted, submitted, and graded.** Required coursework consists of graded assignments. Any Academic Integrity Policy violations may prevent a course from being considered complete.

Assessment Types

StraighterLine courses may include any combination of the assessment types described below. Review the descriptions to learn about each type, then review the Course Evaluation Criteria to understand how your learning will be measured in this course.

Benchmarks

Benchmarks test your mastery of course concepts. You have 3 attempts, and your highest score counts.

Note: Cumulative Benchmarks (final exams) only allow 1 attempt.

Capstones

Capstones are project-based assessments that help you apply concepts to real-world scenarios. You have 2 attempts, and your highest score counts.

Checkpoints

Checkpoints are quick knowledge checks on important course concepts. All are open-book, and most have 1-3 attempts.

AI Use-Case Policies

StraighterLine Capstone assessments operate under one of three AI Use-Case Policies. These designations are selected intentionally to support learners in developing digital literacy, ethical reasoning, and authentic communication skills. Each model requires students to engage meaningfully with the course outcomes while adhering to academic standards.

Independent Work Requirement: Capstones with this designation must be completed independently without using AI tools. The goal is for learners to showcase their own understanding and skills without AI assistance. Students are expected to generate and submit original work developed solely through their own reasoning and effort.

AI-Assisted Planning Option: Capstones with this designation may allow AI tools to support brainstorming and assessment planning. If allowed, students will be asked to document any AI assistance by noting how it informed their work. Documentation must be included within the assignment or in a designated reflection field. Examples include describing how an AI tool helped organize an outline, generate ideas, or surface sources for further exploration.

AI-Integration Requirement: Capstones with this designation require AI tools as part of the learning process. Students will be asked to reflect upon their AI interactions and AI contributions to the assessment. Reflections must include which tools were used, how they were used, and what insights students gained from the process. This promotes transparency, ethical use, and metacognitive skill-building.

Course Evaluation Criteria

Your score provides a percentage score and letter grade for each course. A passing percentage is 70% or higher.

There are a total of 1000 points in the course:

Assessment	Points
Checkpoint 1: Introduction to First Aid	0
Checkpoint 2: Rescuing and Moving Victims	0
Checkpoint 3: Medical Emergencies	0
Benchmark 1: Checkpoints 1-3	75
Checkpoint 4: Basic Life Support 1	0
Checkpoint 5: Basic Life Support 2	0
Benchmark 2: Checkpoints 4-5	75
Benchmark 3: Checkpoints 1-5	200
Checkpoint 6: External, Internal & Musculoskeletal Injuries and Burns	0
Benchmark 4: Checkpoint 6	75
Checkpoint 7: Poisoning, Substance Abuse, Bites, Remote & Environmental Emergencies, Pregnancy	0
Benchmark 5: Checkpoint 7	75
Benchmark 6: Checkpoints 1-7	300
Capstone 1: Scenario Demonstration	100
Capstone 2: CPR Certification	100
Total	1000

Course Roadmap

This roadmap provides an overview of the checkpoints and lessons covered in this course.

Checkpoint 1: Introduction to First Aid

- Reading Assignment: Read Chapters 1, 2, and 5
- Introduction to First Aid
- OSHA's Bloodborne Pathogens Standard

Checkpoint 2: Rescuing and Moving Victims

- Reading Assignment: Read Appendix A
- Rescuing and Moving Victims

Checkpoint 3: Medical Emergencies

- Reading Assignment: Read Chapter 5
- Preparing an Emergency Preparedness Kit
- Medical Emergencies

Checkpoint 4: Basic Life Support I

- Reading Assignment: Read Chapter 3
- Basic Life Support 1: Respiratory and Cardiovascular Emergencies

Checkpoint 5: Basic Life Support II

- Reading Assignment: Read Chapters 3 & 4
- Basic Life Support 2: Choking and Automated External Defibrillator (AED)

Checkpoint 6: External, Internal, & Musculoskeletal Injuries and Burns

- Reading Assignment: Read Chapter 6
- External Injuries
- Burns
- Internal Injuries

Checkpoint 7: Poisoning, Substance Abuse, Bites, Remote & Environmental Emergencies, Pregnancy

- Reading Assignment: Read Chapter 7
- Poisoning, Substance Abuse, and Bites
- Remote Location Emergencies
- Environmental Emergencies
- Reading Assignment: Read Appendix B
- Behavioral Emergencies
- Reading Assignment: Read Appendices B & C
- Pregnancy and Childbirth

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Nutrition

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