CPR/AED for Professional Rescuers & First Aid

Instructor: Misty Motter  
x6610  
motterml@westminster.edu  
Athletic Training Office

Course Description: This course will provide the knowledge and skills necessary to help sustain life and minimize the consequences or injury or sudden illness until advanced medical help arrives. After taking this course, one will receive a certification in adult, child, and infant CPR/AED for the Professional Rescuer and First Aid.

Objectives: Upon completion of first aid/CPR/AED training the trainee will be familiar with the basic skills as provided by the American Red Cross:
1. Foundational knowledge to quickly and safely respond in an emergency
2. Provide an overview of the signals of cardiac emergencies, the links of the Cardiac Chain of Survival and steps for performing CPR
3. General information on AED use
4. General first aid care of breathing emergencies, sudden illness, environmental emergencies, soft tissue injuries, and injuries to muscles, bones, and joints

Method of Evaluation: Attendance/Participation 100  
CPR/AED for Professional Rescuer 250  
Test (First Aid) 150  
500

**One must score 80% or better on tests to receive Red Cross certification

Required Text/Skill Cards/Pocket Mask:  
Each student may want to purchase a workbook and skill cards.  
Cost of certification card: $27.00  
All checks should be made payable to: Westminster College

Grading Scale:  
94% and above A  
90-93% A-  
84-89% B  
80-83% B-  
74-79% C  
70-73% C-  
64-69% D  
60-63% D-  
Below 60% F

Course Outline:  
Week 1 Introduction/Professional Rescuers & Standard Precautions  
2 Taking Actions/Caring for Breathing Emergencies  
3 Caring for Cardiac Emergencies  
4 Using an AED  
5 First Aid  
6 Review  
7 Test