

Bedford High School
Physical Education and Health
Jackie Supprise, Program Director

Course Syllabus

Course: 9232 CPR and Safety Training

Through the American Red Cross supported curriculum of Community CPR and First Aid, students will learn safety training for emergencies. Areas of concentration will include safety during daily activities, water sports, and recreational activities. Exploration of proper training for sport and recreational activities to prevent injuries and emergencies will be included. Students will have the opportunity to earn an American Red Cross certificate of completion.

Periods per cycle: 2

Credits: 2.5

Prerequisite: None

I. Learning Objectives

By the completion of this course, the successful student will:

- a. Perform CPR and First aid skills proficiently;
- b. Respond to an emergency;
- c. Develop written preventive and responsive emergency procedures;
- d. Develop written plans to prepare for safety and injury prevention during recreational activities;
- e. Earn American Red Cross Community CPR and First Aid Certification;
- f. Compile materials to support information based experiences.

II. Learning Experiences

In this course, students will:

- a. Practice CPR and First Aid skills.
- b. Collaborate with peers.
- c. Complete projects related to emergency response and safety.
- d. Watch video demonstrations and apply skills.
- e. Complete American Red Cross requirements including written exams.
- f. Listen to class presentations, take notes, and maintain a notebook of all class assignments and handouts.

III. Course Outline

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| a. CPR/AED Adult | 1 st Quarter |
| b. CPR/AED Child and CPR- Infant | 2 nd Quarter |
| c. First Aid and Recreational Safety | 3 rd Quarter |
| d. Apply Emergency Action Steps to Recreational activities | 4 th Quarter |

IV. Course Materials

- a. Notebook and Folder
- b. CPR/AED and First for Schools and the Community text used in class only
 1. Students wishing to purchase text may do so through the American Red Cross