

# HEALTH (HE)

---

**HE 252: First Aid (3)**

To provide the citizen responder with the knowledge and skills necessary in an emergency to help sustain life, reduce pain, and minimize the consequences of injury or sudden illness until professional medical help arrives. The course content and activities will prepare participants to recognize emergencies and make appropriate decisions for first aid care. The course teaches the first aid skills the citizen responder will need in order to act as the first link in the emergency medical services (EMS) system. The course includes emphasis on prevention of injuries and illness, with a focus on personal safety. Using a healthy lifestyles awareness inventory, participants will assess their environment and personal habits to reduce their own risk of injury and illness. 2 lecture, 2 lec/lab hrs/wk

**Terms Typically Offered:** Fall, Spring, Summer

**HE 260: Cardiopulmonary Resuscitation (1)**

This course provides opportunity for lay person(s) and healthcare providers to obtain their Basic Life Support (BLS) Provider through the American Heart Association (AHA)—which includes CPR and Automated External Defibrillator (AED) certificate. Additionally, the course will provide students with basic knowledge and skills to recognize choking, unresponsive, apneic, and/or pulseless patients (adult, children, and infant). Furthermore, they will develop skills to intervene and activate the emergency system for help. Additionally, students who currently hold an AHA CPR certificate will be able to attend the course for recertification. 1 lecture hrs/wk

**Terms Typically Offered:** Fall, Winter, Spring, Summer

**HE 280: CWE: Health (1-13)**

Qualified students work at training sites that provide experience appropriate to their major. These experiences will provide the opportunity for students to gain knowledge of the various tasks performed in their career field. A student may take any number of CWE credits per term, not to exceed 13 credits per year. 1 credit = 33 hours of lab

**Registration-Enforced Prerequisite:** Instructor approval.

**Terms Typically Offered:** Fall, Winter, Spring, Summer