

LESSON PLAN

January 2007

COURSE TITLE: Surface Rescue Swimmer
Courses, A-050-0500

TERMINAL OBJECTIVE:
Partially supported by this lesson topic:

CLASSIFICATION: Unclassified

LESSON PLAN NUMBER: 5.1

LESSON TOPIC: American Red Cross CPR for the
Professional Rescuer

ALLOTTED LESSON TIME: 4.0 Classroom
8.0 Laboratory

INSTRUCTIONAL SUPPORT:

1 Classroom Instructor
1 Laboratory Instructor
Additional instructors as per American Red
Cross CPR for the Professional Rescuer
Instructor manual

INSTRUCTIONAL REFERENCES:

1. American Red Cross CPR for the
Professional Rescuer Instructor's Manual
2. American Red Cross CPR for the
Professional Rescuer Audiovisual

4.0 Upon completion of this unit of
instruction, the student will
identify and treat medical
emergencies using approved SAR
medical equipment, as per NAVEDTRA
14295 and NTTP 3-50.1 manual,
without injury to personnel or
damage to equipment.

Enabling Objectives:
Partially supported by this lesson topic:

- 4.1 State CPR procedures per American
Red Cross CPR for the Professional
Rescuer standards (or equivalent).
- 4.2 Demonstrate CPR procedures per
current American Red Cross for the
Professional Rescuer standards (or
equivalent).

CRITERION TEST:

Written knowledge test and practical
skills test per American Red Cross
standards.

HOMEWORK: None

INSTRUCTIONAL AIDS:

1. American Red Cross CPR for the Professional Rescuer Manual
2. VCR and Monitor
3. Blankets
4. Resuscitation Masks
5. Bag-valve Masks
6. CPR Mannequins (Adult, Child, and Infant)

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

INTRODUCTION

A. Establish Contact

Display name and lesson topic.

1. Introduce self, give rank, current job.
2. State background, schools, duty stations, etc.
3. State question and answer policy.
4. Review training time out policy.
5. Ask for medical concerns:
 - a. Has anyone gone to the hospital/branch clinic for treatment within 24 hours, and are you taking any medications?
 - b. Has anyone taken over-the-counter medications within 24 hours?
 - c. Are there any potentially disqualifying illnesses/conditions for which you are currently being evaluated?

Refer questionable cases to department medical representative for disposition.

B. State Lesson Objectives

Turn to cover page of Lesson Plan and paraphrase objectives.

C. Establish Readiness

1. Motivating Statements

Establish importance and relevance of lesson material

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY
using personal experience or

anecdote.

2. Lesson Overview

Briefly outline material to
be covered.

a. Lesson Topic: American Red CPR for the
Professional Rescuer

b. Major Teaching Points:

(1) Adult CPR

(2) Child CPR

(3) Infant CPR

(4) 2 Person CPR

(5) Bag-valve Mask Resuscitation

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

PRESENTATION

A. CPR for the Professional Rescuer

Administer American Red Cross CPR for the Professional Rescuer course. Refer to current ARC directives.

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

SUMMARY

A. State Lesson Objectives

Turn to cover page for objectives.

B. Review Major Teaching Points

Briefly summarize.

APPLICATION

Students will practice segments of the CPR for the Professional Rescuer course under the supervision of an ARC Instructor during the course.

EVALUATION

A. Practical skills test.

B. Written test.

ASSIGNMENT

None.