

## Heartsaver Instructor Course Agenda

<b>Greeting and Introduction</b>	<b>10 minutes</b>
Requirements for successful course completion	
<b>Master Demonstration and Discussion of Performance Skills</b>	<b>60 minutes</b>
Adult skills	25 minutes
Infant and child skills	35 minutes
The primary purpose of this learning activity is to ensure that each candidate knows every BLS skill and related rationale. In the precourse letter, assign each instructor candidate one skill to demonstrate to the class (adult 1-rescuer CPR, mouth-to-mask rescue breathing, relief of adult FBAO [responsive], 1-shock AED, infant CPR, child CPR). The instructor trainer should provide additional clarification and correction after the demonstration.	
<b>Break</b>	<b>15 minutes</b>
<b>The Science Behind the Guidelines</b>	<b>45 minutes</b>
Slides: The Science Behind the Guidelines—Adult	20 minutes
Slides: The Science Behind the Guidelines—Infant and child	15 minutes
Questions and discussion	10 minutes
<b>Teaching and Learning Strategies</b>	<b>45 minutes</b>
(This section is optional for candidates who are teachers)	
<ul style="list-style-type: none"> <li>– Nature of teaching-learning transaction</li> <li>– Learning objectives</li> <li>– The learner in Basic Life Support</li> <li>– The instructor in Basic Life Support</li> </ul>	
<b>Watch-Then-Practice Video Instruction</b>	<b>45 minutes</b>
HS Instructor Video: Watch-Then-Practice Video Instruction	
This section of the video demonstrates the use of videos to teach skills and the management of practice sessions that follow each skill segment. The important concept is the process of using a video demonstration and then transitioning to practice.	
Discussion: Key principles of the watch-then-practice video concept	10 minutes
Group practice: Watch-then-practice video instruction	30 minutes
In the precourse letter, assign each instructor candidate one skill to teach another instructor candidate (adult mouth-to-mouth breathing, adult mouth-to-mask breathing, adult chest compressions, automated external defibrillation, infant CPR, child CPR).	
<b>Lunch</b>	<b>60 minutes</b>
<b>Scenario Practice</b>	<b>60 minutes</b>
HS Instructor Video: Effective Use of Scenarios	5 minutes
Discussion: Key principles of scenario practice	10 minutes
Group practice: Scenarios	45 minutes

<b>Principles of Written and Practical Evaluation</b>	<b>30 minutes</b>
HS Instructor Video: Use of Annotated Written Examination	5 minutes
Discussion: Administering the written examination	10 minutes
Video: Skills Evaluation	5 minutes
This demonstration shows how instructors are to manage the evaluation of skills by setting a scenario, allowing the participant to proceed through the skill sequence, and then giving an objective evaluation of the skill performance.	
Discussion: Administering the skills evaluation and remediation	10 minutes
<b>Break</b>	<b>15 minutes</b>
<b>Program Administration</b>	<b>45 minutes</b>
<p>General Issues:</p> <ul style="list-style-type: none"> <li>- Participant-instructor ratios</li> <li>- Precourse materials</li> <li>- Course rosters</li> <li>- Training Center administrative overview</li> </ul> <p>Review of courses (participants should open instructor's manual during review)</p> <ul style="list-style-type: none"> <li>- CPR for Family and Friends</li> <li>- Heartsaver CPR</li> <li>- CPR in Schools</li> <li>- Heartsaver AED</li> </ul>	
During this segment each participant should open the <i>BLS Instructor's Manual</i> and review each course section. The instructor trainer should display the book and toolkit for each course and review participant-instructor ratios. Precourse and postcourse materials, such as precourse letters and rosters, should also be reviewed.	
<b>Maintenance and Decontamination of Manikins</b>	<b>40 minutes</b>
Slide Presentation: Manikin Use and Cleaning	10 minutes
Group practice: Decontamination of manikins	30 minutes
Demonstrate cleaning of adult, child, and infant manikins. Groups of 3 participants can clean course manikins while observing the demonstration. Make sure that there are sufficient cleaning materials and gloves for this exercise.	
<b>Instructor Written Examination and Course Evaluation</b>	<b>30 minutes</b>
<b>Summary and Questions</b>	<b>15 minutes</b>
Total course time: approx. 7.6 hours plus lunch break	

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