**BLS Instructor Course Agenda**

**Instructor: Date:**

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| **Time** | **Lessons** | **Duration** |
| 0900 - 0905 | Lesson 1: Course Introduction | 5 Minutes |
| 0905 - 0915 | Lesson 2: AHA Introduction   1. American Heart Association Mission 2. Instructor Core Competencies | 10 Minutes |
| 0915 – 0925 | Lesson 3: BLS Provider Course Preparation   1. Course Paperwork 2. Course Preparation | 10 Minutes |
| 0925 - 0940 | Lesson 4: BLS Course Overview (Instructor-led)   1. Course Format 2. Instructor Materials 3. Learning Objectives and Course Completion requirement. | 15 Minutes |
| 0940 - 0945 | Lesson 5: Life is Why Activity |  |
| 0945 - 1000 | Lesson 6: BLS Provider Course Lesson 2 – 4   1. Lesson 2 – 1- Rescuer Adult BLS 2. Lesson 3 – AED and Bag Mask 3. Lesson 4 – 2-Rescuer Adult BLS | 15 Minutes |
| 1000 - 1030 | Lesson 7: BLS Provider Course Lesson 5 – 6A   1. Lesson 5 – Team Dynamics 2. Lesson 6 - High-Performance Teams Activity 3. Lesson 6A - Local Protocol Discussions | 30 Minutes |
| 1030 - 1100 | Lesson 8: BLS Provider Course Lesson 7 -11   1. Lesson 7 – Child BLS 2. Lesson 8 – Infant BLS 3. Lesson 9 – Special Population 4. Lesson 10 – Adult and Child Choking 5. Lesson 11 – Infant Choking | 30 Minutes |
| **1100 – 1110** | **BREAK** | **10 Minutes** |
| 1110 - 1140 | Lesson 9: BLS Testing and Remediation   1. BLS Testing 2. BLS Exam 3. BLS Remediation. | 30 Minutes |
| 1140 - 1155 | Lesson 10: HeartCode BLS   1. HeartCode BLS Overview 2. HeatCode BLS Online Portion - <https://elearning.heart.org/verify_certificate> 3. HeartCode BLS Hands-on Session | 15 Minutes |
| 1155 - 1200 | Lesson 11: BLS Conclusion | 5 Minutes |
| **1200 – 1300** | **LUNCH** | **60 Minutes** |

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| 1300 - 1315 | Lesson 12: Heartsaver Course Overview (Instructor-led)   1. Course Format 2. Instructor Material 3. Learning Objectives and Course Completion Requirements |  |
| 1315 - 1330 | Lesson 13: Heartsaver Portfolio   1. Adult CPR AED 2. Child CPR AED 3. Infant CPR 4. First Aid |  |
| 1330 - 1345 | Lesson 14: Heartsaver Testing   1. Heartsaver Skills Testing 2. Heartsaver Exam |  |
| 1345 - 1400 | Lesson 15: Heartsaver Blended Course   1. Heartsaver Bleneded Course Overview 2. Heartsaver Online Portion- <https://elearning.heart.org/verify_certificate> 3. Hearsaver hands-on Session |  |
| 1400 - 1415 | Lesson 16: AHA Instructor Resources   1. AHA Program Administration Manual 2. Instructor Network - <https://ahainstructornetwork.americanheart.org> |  |
| **1415 - 1430** | **BREAK** |  |
| 1430 - 1530 | Lesson 17: Course Conclusion and Exams   1. Course Conclusion   Instructor Essential Exam |  |
| 1530 -1630 | Lesson 18: Roxell EMT Policies   1. Discuss and Sign Paperwork 2. Roster Submission – [www.enrollware.com](http://www.enrollware.com)   Schedule Teach Back – Optional |  |

**Heartsaver Instructor Course Agenda**

**Instructor: Date:**