



American Heart Association sample lesson plan with optional modules.

Time	Lesson
8:00-8:05	Lesson 1: Course Introduction
8:05-8:35	Lesson 2: 1-Rescuer Adult BLS Part 1: Adult Chains of Survival Part 2: Scene Safety, Assessment, and Adult Compressions Part 3: Pocket Mask Part 4: 1-Rescuer Adult BLS
8:35-8:55	Lesson 3: AED and Bag-Mask Device Part 1: AED Part 2: Bag-Mask Device
8:55-9:04	Lesson 4: 2-Rescuer Adult BLS
9:04-9:14	Lesson 5: Special Considerations Part 1: Mouth-to-Mouth Breaths Part 2: Rescue Breathing Part 3: Breaths With an Advanced Airway Part 4: Opioid-Associated Life-Threatening Emergency Part 5: Maternal Cardiac Arrest
9:14-9:40	Lesson 6: High-Performance Teams Part 1: Team Dynamics Part 2: High-Performance Teams Part 3: High-Performance Teams Activity (Optional)
9:40-10:00	Lesson 6A: Local Protocols Discussion (Optional)
10:00-10:10	Break
10:10-10:20	Lesson 7: Child BLS Part 1: Pediatric Chains of Survival Part 2: Child BLS Part 3: 2-Rescuer Child CPR
10:20-10:40	Lesson 8: Infant BLS Part 1: Infant BLS Part 2: Infant Compressions Part 3: Bag-Mask Device for Infants Part 4: 2-Rescuer Infant CPR Part 5: AED for Infants and Children Less Than 8 Years of Age
10:40-10:47	Lesson 9: Relief of Choking Part 1: Adult and Child Choking Part 2: Infant Choking
10:47-10:52	Lesson 10: Conclusion
10:52-11:32	Lesson 11: Skills Test Part 1: Adult CPR and AED Skills Test Part 2: Infant CPR Skills Test
11:32-11:57	Lesson 12: Exam
11:57-12:12	Lesson 13: Remediation Part 1: Skills Testing Remediation Part 2: Exam Remediation