

HSU Department of Kinesiology & Recreation Administration
HED 120 Requirement
Information for Students

All Kinesiology undergraduate students are required to take HED 120 (1 unit). Below are the following required and recommended options for HED 120 and certification class options if students would prefer to take a class outside of the department.

HED 120

- Required for all students: CPR/AED for the Professional Rescuer (the Red Cross CPR/AED for the Professional Rescuer Certification will cost \$27).
- Recommended (especially for students in the Teaching/Coaching concentration): First Aid (the Red Cross First Aid Certification will cost \$19). This information will be offered in addition to the CPR/AED in HED 120 and will be optional for students.
- Please note in spring 2018 only the CPR/AED portion of the class will only include Adult and Pediatric CPR/AED, and will not be CPR/AED for the Professional Rescuer. Students pursuing a clinical path should wait until fall 2018 to take HED 120 if possible, or take one of the accepted Healthcare Provider certifications below.

Substitutions for HED 120

- Acceptable certification classes offered in Humboldt County that will substitute for HED 120 include (students only need to take ONE of the following):
 - Classes offered through *HSU Center Activities*:
 - First Aid with Adult CPR/AED (\$75)
 - Basic Life Support for the Healthcare Provider (\$70)
 - Adult & Pediatric CPR (\$75)
 - For additional information about these two classes and a current schedule of classes, please visit:
<http://www2.humboldt.edu/centeractivities/activity/certifications-and-trainings>
 - Classes offered through the *Northern California Safety Consortium*:
 - Northern California Safety Consortium: Initial AHA BLS (Healthcare) Provider (\$65)
 - AHA Heartsaver CPR/AED (\$30)
 - For additional information about these two classes and a current schedule of classes, please visit: <http://norcalsafety.com/list-of-classes>
- Students who are pursuing a clinical path are recommended to take one of the Healthcare Provider certification classes.
- If students plan to take a certification class out of Humboldt County, they need to check with their major advisor before registering/taking the class. The major advisor will consult with the other Kinesiology faculty for approval.
- Certification classes need to be in-person (no online certifications will be accepted) and need to involve a skills test and written test. The HSU Center Activities Blended Learning First Aid/Adult and Child CPR/AED class is not recommended for first time certifications and will not be accepted.

- Students need to show/e-mail their registration confirmation for the class they completed AND their American Red Cross or American Heart Association certification card (either hard copy or electronic) after completion of the class to their major advisor. Certification cards must be current (not expired) to substitute for HED 120.
- Once students show their registration confirmation and certification card/have it approved by their major advisor, they can update their major contract to substitute the certification for HED 120.
- First Aid is recommended in addition to, but not required for, the HED 120 requirement. If students are interested in taking a First Aid class (recommended especially for students in the Teaching/Coaching concentration) the following classes offered in Humboldt County include:
 - Class offered through *HSU Center Activities*: First Aid with Adult CPR/AED – will also fulfill HED 120 requirement (\$75)
 - Class offered through the *Northern California Safety Consortium*: Basic First Aid (\$30)

Renewing Expired CPR Certifications

- If students have already completed HED 120 or one of the acceptable certification classes above but their certification has expired, completion of one of the following classes is acceptable for the HED 120 current certification pre-requisite requirement for KINS 482 (Internship in Kinesiology) or Exercise Science courses that require HED 120 (i.e., KINS 456A, KINS 456B, KINS 460).
 - Classes offered through *HSU Center Activities*:
 - First Aid with Adult CPR/AED (\$75)
 - Basic Life Support for the Healthcare Provider (\$70)
 - Adult & Pediatric CPR (\$75)
 - Blended Learning First Aid/Adult and Child CPR/AED – only acceptable if student has already fulfilled the HED 120 requirement (\$75)
 - Classes offered through the *Northern California Safety Consortium*:
 - Northern California Safety Consortium: Initial AHA BLS (Healthcare) Provider (\$65)
 - AHA Heartsaver CPR/AED (\$30)
 - AHA BLS Provider CPR Renewal – only acceptable if student has already fulfilled the HED 120 requirement (\$35)
- Students taking KINS 482 (Internship in Kinesiology) are also encouraged to talk with their Internship Site Supervisor after securing their internship to ensure they also meet any CPR/AED/First Aid certification requirements required by the internship site.