



## AHA Course Matrix

### Courses for General Community (family, friends and those who do not need a course completion card)

Course	Delivery Format	Content / Modules	Features & Benefits	Audience	Student Materials	Instructor/ Facilitator Materials	Written Exam / Skills Session	Course Completion Card Type	Estimated Time	CME / CE Credit	Offered in Spanish
<b>COMMUNITY COURSES &amp; PROGRAMS</b>											
Family & Friends® CPR	 Classroom-based   Facilitated Group	<ul style="list-style-type: none"> <li>Adult Hands-Only™ CPR/AED/Choking</li> <li>Child CPR/AED/Choking</li> <li>Infant CPR/Choking</li> </ul>	<ul style="list-style-type: none"> <li>Stand-alone modules can be taught together or separately for added flexibility</li> <li>Offers opportunity to learn basic CPR in a dynamic group environment with feedback from an Instructor or facilitator</li> <li>Uses AHA's research-proven Practice-While-Watching method to provide students with the most hands-on CPR practice time possible during the course</li> <li>Can be led by an AHA Instructor or a facilitator</li> </ul>	<p>Anyone who wants to learn CPR in an Instructor-led or facilitated group environment.</p> <p>Anyone who does not need a course completion card for a job or other requirements.</p> <p>A good option for middle- and high-school students who do not need a course completion card</p>	<i>Family &amp; Friends CPR Student Manual</i> (90-1007)	Family & Friends CPR DVD with Facilitator Guide (90-1033)	None	None  Tear-out participation card included in student manual	Adult Hands-Only CPR/AED/Choking: 25 minutes  Child CPR/AED/Choking: 35 minutes  Infant CPR/Choking: 30 minutes	No	Yes
Family & Friends® CPR Anytime®	Self-directed learning through personal kit	<ul style="list-style-type: none"> <li>Adult Hands-Only CPR</li> <li>Child CPR (including breaths)</li> <li>Adult and child choking relief</li> <li>Use of an AED</li> </ul>	<ul style="list-style-type: none"> <li>For those who prefer self-paced learning and independent practice</li> <li>Practice on your own manikin while watching skills demonstration on DVD</li> <li>Bilingual kit helps deliver training to more audiences</li> <li>Take-home kit provides for convenient skills refresher</li> <li>Kit can be shared to extend training to all family members and friends</li> </ul>	General public, specifically anyone who wants to learn basic CPR skills, choking relief and AED awareness, and does not need a course completion card	Family & Friends CPR Anytime Kit:  Light Skin (90-1003)  Brown Skin (90-1004)	None	None	None	20 minutes	No	Yes, kit is bilingual