### Sample Agenda for PALS Traditional Course

**18 Students, 3 PALS Instructors  
Approximately 17 hours 30 minutes with breaks**

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| Day 1 | | | | |
| 8:00-8:05 **Course Introduction**  8:05-8:10 **Lesson 1:** Course Overview  8:10-8:20 **Lesson 2:** Science of Pediatric Resuscitation  8:20-8:45 **Lesson 3A:** Child High-Quality BLS Practice  8:45-9:10 **Lesson 3B:** Infant High-Quality BLS Practice  9:10-9:40 **Lesson 4:** CPR Coach and High-Performance Teams  9:40-9:50 **Break** | | | | |
| Divide class into 2 groups | **Lessons 5A and 5B:** BLS Testing Stations: Child and Infant High-Quality BLS Tests\* | | **Lessons 6A and 6B:** Overview of Systematic Approach; Secondary Assessment | |
| 9:50-10:50 | Group A | | Group B | |
| 10:50-11:50 | Group B | | Group A | |
| 11:50-12:20 **Lunch** | | | | |
| Divide class into 3 groups | **Lessons 7A-7C:** Management of Respiratory Emergencies; Respiratory Video Case Discussions; Learning Station: Airway Management | **Lessons 8A-8C:** Management of Shock Emergencies; Shock Video Case Discussions; Learning Station: Vascular Access | | **Lessons 9A-9C:** Management of Arrhythmia Emergencies; Arrhythmia Video Case Discussions; Learning Station: Rhythm Disturbances/ Electrical Therapy |
| 12:20-1:20 | Group A | Group B | | Group C |
| 1:20-2:20 | Group B | Group C | | Group A |
| 2:20-2:30 **Break** | | | | |
| 2:30-3:30 | Group C | Group A | | Group B |
| 3:30-3:45 **Lesson 10:** Management of Post–Cardiac Arrest Care  3:45-4:05 **Lesson 11:** Learning Station: Coping With Death (Optional)  4:05-4:15 **End-of-Day Debriefing** | | | | |

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| Day 2 | |
| 8:00-8:10 **Recap** | |
| Divide class into 3 groups | **Lesson 12:** Case Scenario Practice With Simulations |
| 8:10-10:40 **6 case scenarios per group**  10:40-10:50 **Break**  10:50-12:05 **3 case scenarios per group**  12:05-12:35 **Lunch**  12:35-1:50 **3 case scenarios per group**  1:50-2:00 **Break** | |
| Divide class into 3 groups | **Lesson 13:** Case Scenario Testing |
| 2:00-3:15 **3 case scenarios per group**  3:15-4:15 **Lesson 14:** Exam  4:15-5:00 **Class ends and remediation** | |

\*Lesson 5C: Learning/Testing Station: Child and Infant Choking (Optional) (20 minutes) may be facilitated in this time slot.