

**PALS Update Course Sample Agenda
(Without Optional Lessons)**

It is generally not recommended to omit the optional modules.

12 Students, 2 PALS Instructors

6:1 student-instructor ratio for each station

Total time: 6 hours 20 minutes

8:00-8:10 Welcome, Introductions, and Course Administration		
8:10-8:15 Lesson 1: PALS Update Course Overview		
8:15-8:30 Lesson 2: Overview of PALS Science		
Divide class into 2 groups	Lesson 3 BLS Practice and Competency Testing	Lesson 3 BLS Practice and Competency Testing
8:30-9:30	Group 1	Group 2
9:30-9:40 Break (Lessons 4, 5, and 6 are optional and are not included in this agenda) One large group		
9:40-10:10 Lesson 7: Resuscitation Team Concept		
10:10-10:30 Lesson 8: Coping With Death		
10:30-10:40 Lesson 9: Overview of Pediatric Assessment		
Divide class into 2 groups	Lesson 10 Putting It All Together	Lesson 10 Putting It All Together
10:40-11:40	Group 1	Group 2
One large group		
11:40-11:45 Lesson 11: Course Summary and Testing Details		
11:45-12:30 Lunch		
One large group		
12:30-1:30 Lesson 12: Written Exam		
Divide class into 2 groups	Lesson 13 PALS Core Case Test 1 Cardiac Cases 9-12	Lesson 14 PALS Core Case Test 2 Respiratory Cases 1-4 Shock Cases 5-8
1:15-2:15	Group 1	Group 2
2:15-3:15	Group 2	Group 1
3:15 Course Ends		
3:15 Remediation		