**Sample Agenda for PALS Update Course**

**18 Students, 3 PALS Instructors**

**Approximately 9 hours with breaks**

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| 8:00 | Course Introduction |
| 8:10 | Lesson 1: Life Is Why Activity (Optional) |
| 8:15 | Lesson 2: Science of Pediatric Resuscitation |
| 8:30 | Lessons 3-5: Learning/Testing Stations: Child and Infant High-Quality BLS\* |
| 9:30 | Lesson 6: Overview of Systematic Approach Model |
| 9:45 | Lesson 7: Team Dynamics |
| 10:00 | Lesson 8: Management of Post–Cardiac Arrest Care |
| 10:15 | Lesson 9: Learning Station: Coping With Death (Optional) |
| 10:35 | Break |
| 10:45 | Lesson 10: Case Scenario Practice With Simulations† |
| 11:45 | Lunch |
| 12:15 | Lesson 10: Case Scenario Practice With Simulations† |
| 1:15 | Lesson 11: Case Scenario Testing |
| 3:15 | Lesson 12: Exam |
| 4:15 | Class Ends/Remediation |

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

†See Lesson 10 for an explanation of which category each student should practice.