### Sample Agenda for PALS Update Course

**18 Students, 3 PALS Instructors
Approximately 9 hours with breaks, 8 hours 10 minutes without breaks**

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| Time | Lesson |
| 8:00-8:05 | **Course Introduction** |
| 8:05-8:10 | **Lesson 1:** Course Overview |
| 8:10-8:20 | **Lesson 2:** Science of Pediatric Resuscitation |
| 8:20-8:40 | **Lesson 3:** CPR Coach and High-Performance Teams |
| 8:40-9:40 | **Lessons 4A and 4B:** BLS Testing Stations* Child High-Quality BLS Test (30 minutes)
* Infant High-Quality BLS Test (30 minutes)
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| 9:40-10:00 | **Lesson 5A:** Learning Station: Airway Management |
| 10:00-10:10 | **Break** |
| 10:10-10:30 | **Lesson 5B:** Learning Station: Vascular Access |
| 10:30-10:50 | **Lesson 5C:** Learning Station: Rhythm Disturbances/Electrical Therapy |
| 10:50-12:05 | **Lesson 7:** Case Scenario Practice With Simulations (3) |
| 12:05-12:35 | **Lunch** |
| 12:35-1:50 | **Lesson 7:** Case Scenario Practice With Simulations (3) |
| 1:50-3:05 | **Lesson 8:** Case Scenario Testing (3) |
| 3:05-3:15 | **Break** |
| 3:15-4:15 | **Lesson 9:** Test |
| 4:15-5:00 | **Class ends and remediation** |