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Rate. In 2010, the recommended rate was at least 100 compressions per minute. The 2015 update to the CPR guideline now reflects a target compression rate of 100-120 per minute. Course Overview This study guide is an outline of content that will be taught in the American Heart Association Accredited Basic Life Support (BLS) Course. Heart Saver CPR and First Aid Heartsaver Critical Skills Description Sheet 2011 HS Adult Child Infant Skills Sheet Heartsaver First Aid Skills Check Sheet. ACLS draws heavily on Basic Life Support (BLS). In fact, it is assumed that all people who are pursuing ACLS will be competent in the techniques of BLS—so much so that it is considered a prerequisite to ACLS - 2015 Bls Cpr Study Guide