

## PALS Preparation

**Step 1:** Go to the link: <https://elearning.heart.org/courses/26>

**Step 2:** Scroll down to find and launch the following section for the PALS Pre-course Self-Test. This test is divided into knowledge sections with individual scores. The best use of this test is to discover your areas of strength and weakness so you can focus your study time more effectively.

Before you can open the self-test, you must sign up or sign in with your own unique American Heart user name and password. Keep this information secure for future courses and to maintain helpful on-line access to your certifications. *No Stress Training* will not have access to your username or password.

### PALS Precourse Self-Assessment

[LAUNCH THIS COURSE](#)

The Pediatric Advanced Life Support (PALS) Precourse Self-Assessment is an online tool that evaluates a student's knowledge before the course to determine their proficiency and identify any need for additional review and practice. [Learn More »](#)

[COURSE DETAILS](#)

**Step 3 (optional):** Scroll down to find and launch the following section for pre-course work. This is supplemental course material to help prepare you for the certification class.

### PALS Precourse Self-Assessment and Precourse Work

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The Pediatric Advanced Life Support (PALS) Precourse Self-Assessment evaluates a student's knowledge before the course to evaluate proficiency and determine the need for additional review and practice. The PALS Precourse Work involves a student reviewing course content through online videos before entering the classroom. The video lessons cover multiple medical subjects and each lesson includes questions to engage the student. [Learn More »](#)

[COURSE DETAILS](#) [CME/CE credits offered](#)