PELLISSIPPI STATE COMMUNITY COLLEGE
MASTER SYLLABUS
FIRST AID, SAFETY & CPR
PHED 2430 (formerly PHED 2560)

Class Hours: 3.0  Credit Hours: 2.0

Laboratory Hours: 0.0  Date Revised: Spring 03

Catalog Course Description:
Practice and application of the standards and accepted principles of safety and first aid. Students are also trained in infant, child, and adult cardiopulmonary resuscitation (CPR) as well as in the use of an automated electronic defibrillation device (AED).

Entry Level Standards:
The student should be able to effectively communicate with instructor and peers, complete assignments according to instructor specifications, and read and write at the required level.

Prerequisites:
None

Textbook(s) and Other Course Materials:

Textbooks:

Community First Aid, American Red Cross # 652030

I. Week/Unit/Topic Basis:

<table>
<thead>
<tr>
<th>Week</th>
<th>Topic</th>
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</thead>
<tbody>
<tr>
<td>1</td>
<td>Introduction/ History and Philosophy of Life guarding/ Characteristics, Knowledge, Personal skills and responsibilities of Lifeguards pp. 1 -10/ Benefits and requirements of the course/ Skills screening and evaluation of ability.</td>
</tr>
<tr>
<td>2</td>
<td>Introduction to Standard First Aid/ Responding to an emergency and preparing an emergency plan/ checking and Unconscious victim/ checking the conscious victim/ breathing emergencies/ Helping a conscious choking victim/ rescue breathing (pp. ix-50 First Aid Text).</td>
</tr>
<tr>
<td>3</td>
<td>Helping unconscious choking victims/ recognizing a heart attack/ adult CPR/ Preventing cardiovascular disease/ Exam - Adult CPR (pp. 51-75 First Aid Text).</td>
</tr>
<tr>
<td>4</td>
<td>Injuries/ Wounds/ Shock/ Burns/ Injuries to muscles, bones, and joints/ Sudden</td>
</tr>
</tbody>
</table>
Illnesses/ Exam-First Aid.

5 Preventive Life guarding/ Victim Recognition/ Skills practice (reaching, extension, throwing)/ Condition swim/ Selection and Training/ Types of Emergencies.

6 Skill practice (entries approaches, ready position, moving victim to safety, surface diving, underwater swimming, underwater search, removing victim from water)/ Conditioning swim.

7 Communication systems/ Rescue equipment/ Skill Practice (using rescue equipment)/ Conditioning swim.

8 Skill practice (using rescue equipment)/ Health, sanitation and safety operations/ Swimming pool maintenance/ Emergency action plans/ Special assignment/ Conditioning swim.

9 Skill practice (approaches, swimming assist, tows and carries)/ Special situations/ Conditioning swim.

10 Skill practice (defense, escapes, multiple victims near drowning maneuvers)/ Records and reports/ Personnel, safety, and life guarding equipment/ Conditioning swim.

11 Skill practice (rescue breathing without flotation equipment, rescue breathing with flotation equipment)/ Conditioning swim.

12 Spinal injuries management/ Skills practice (spinal injury in shallow water, spinal injury in deep water)/ Conditioning swim.

13 Skill Practice (deep and shallow water spinal injury)/ Search and recovery/ weather and environmental conditions/ Waterfront areas/ Skills practice (mask, fins, and snorkel)/ Conditioning swim.

14 Skills practice (entering water wearing snorkeling equipment, swimming wearing snorkeling equipment)/Search and recovery operations, rescue of a scuba diver/ Conditioning Swim/ conditioning swim/ Review.

15 Written exam/ Final skills test Part 1 and 2.

16 Skill test receive certification.

II. Course Objectives*:

A. Employing correct CPR, First Aid, and Life Guarding technique. II.2

B. Demonstrate knowledge of water safety. I.5

C. Demonstrate knowledge of CPR, First Aid and Life Guarding terminology. I.5

D. Swim employing proper stroke technique. II.2

E. Demonstrate knowledge of First Aid, CPR, and Life Guarding history. II.2

F. Evaluate and correct errors in water rescue form and execution. III.2
G. Demonstrate knowledge of water safety equipment and facilities. I.5

H. Demonstrate knowledge of water rescue strategies. II.2, III.2

I. Demonstrate knowledge of CPR technique. II.2

*Roman numerals after course objectives reference goals of the university parallel program.

**III. Instructional Processes***:

Students will:

1. Listen to and participate in lectures and discussions regarding factual information relevant to CRP, First Aid, and Life Guarding. *Communication Outcome, Information Literacy Outcome, Active Learning Strategy*

2. Read then demonstrate knowledge of water safety technique, rules and other relevant factual information. *Communication Outcome, Information Literacy Outcome*

3. Analyze, evaluate, and modify technique to improve swimming and rescue performance. *Personal Development Outcome, Problem Solving and Decision Making Outcome, Transitional Strategy*

4. Develop safety strategies. *Problem Solving and Decision Making Outcome*

5. Appreciate the intrinsic value of land and water safety and rescue as a life-long recreational activity. *Transitional Strategy, Personal Development Outcome*

*Strategies and outcomes listed after instructional processes reference Pellissippi State’s goals for strengthening general education knowledge and skills, connecting coursework to experiences beyond the classroom, and encouraging students to take active and responsible roles in the educational process.

**IV. Expectations for Student Performance***:

Upon successful completion of this course, the student should be able to:

1. Demonstrate knowledge necessary to obtain Red Cross CPR Certification. A, B, E, I

2. Demonstrate knowledge necessary to obtain Red Cross First Aid Certification. A, C, E

3. Develop the cognitive knowledge necessary to obtain Red Cross Life Guarding Certification. B, C, D, E, G, H

4. Develop the swimming skills and endurance necessary to obtain Red Cross Life Guarding Certification. D

5. Develop the life guarding skills and techniques necessary to obtain Red Cross Life Guarding Certification. F, H

6. Recognize the common hazards associated with various types of aquatic facilities, and develop the knowledge and skills necessary to eliminate or minimize such hazards. H

7. Demonstrate knowledge of the characteristics, personal skills, and responsibilities of a lifeguard. A
8. Recognize when a person is in a distress or drowning situation. H
9. Understand the lifeguard-employer, and lifeguard-facility user relationships. G, H
10. Provide explanations, demonstrations, practice, and review of the rescue skills essential of lifeguards. D, H
11. Establish an awareness of the responsibilities of a lifeguard and instill an enthusiasm for carrying them out. A, D, H
12. Develop participants' speed, endurance, swimming technique and life guarding skills. D
13. Explain how the EMS system works and what signals and situations require a person to call for an ambulance. A, C
14. Identify the signals of breathing emergencies, including choking, and demonstrate how to provide care. A, C, I
15. Identify the major risk factors for cardiovascular disease and for injury, and describe how to control them. A, I
16. Identify the signals of a possible heart attack and describe how to provide care. A, B, I
17. Identify the signals of cardiac arrest and demonstrate how to provide care. A, B
18. Identify life-threatening bleeding, and demonstrate how bleeding can be controlled. A, B
19. Identify the signals of various injuries and demonstrate how to care for them. A, B
20. Identify the signals of sudden illness, (poisoning, seizure, heat emergencies, and cold emergencies) and describe how to care for them. A, B
21. Describe when and how to move a person in an emergency situation. A, B

*Letters after performance expectations reference the course objectives listed above.

V. Evaluation:

A. Testing Procedures: 100% of grade

Students are evaluated on the following written examinations and skills test:

<table>
<thead>
<tr>
<th>Skill Test:</th>
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<tbody>
<tr>
<td>--CPR Skill Test</td>
<td>10 points</td>
</tr>
<tr>
<td>--First Aid Skill Test</td>
<td>20 points</td>
</tr>
<tr>
<td>--Life guarding Skill Test</td>
<td>30 points</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Written Examinations:</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>--CPR</td>
<td>10 points</td>
</tr>
<tr>
<td>--First Aid Skill Test</td>
<td>10 points</td>
</tr>
<tr>
<td>--Life guarding</td>
<td>20 points</td>
</tr>
</tbody>
</table>

Total points 100 points

B. Laboratory Expectations:
C. Field Work:

N/A

D. Other Evaluation Methods:

Students can receive up to five extra credit points for pre-approved written assignments.

E. Grading Scale:

A 93 -100 points
B+ 92 - 88 points
B 87 - 83 points
C+ 82 - 78 points
C 77 - 73 points
D+ 72 - 68 points
D 67 - 62 points
F 61 below points

VI. Policies:

A. Attendance Policy:

Pellissippi State Community College expects students to attend all scheduled instructional activities. As a minimum, students in all courses must be present for at least 75 percent of their scheduled class and laboratory meeting in order to receive credit for the course. Individual department/programs/disciplines, with the approval to the vice president of Learning, may have requirements that are more stringent.

B. Other Policies:

Make-up policy:

1. After one week, students will not be allowed to make-up written examinations.
2. With documentation, students will be allowed to make up absences.

Injury Policy:
Students injured during class must inform the instructor immediately. An accident/incident report must be filed. This applies to all injuries no matter how minor.

C. Accommodations for disabilities:

Students who need accommodations because of a disability, have emergency medical information to share, or need special arrangements in case the building must be evacuated should inform the instructor immediately, privately after class or in her or his office. Students must present a current accommodation plan from a staff member in Services for Students with Disabilities (SSWD) in order to receive accommodations in this course. Services for Students with Disabilities may be contacted by going to Goins 127, 132, 134, 135, 131 or by phone: 539-7153 or TTY 694-6429. More information is available at www.pstcc.edu/departments/swd/.