PELLISSIPPI STATE COMMUNITY COLLEGE
MASTER SYLLABUS
First Aid, Safety, and CPR
PHED 2435

Class Hours: 3.0
Credit Hours: 3.0
Laboratory Hours: 0.0
Revised: Fall 2013

This course is directly equivalent to a course at the University of Tennessee, Knoxville

Catalog Course Description:
Practice and application of the standards and accepted principles of safety education, first aid, and CPR/AED. The student will be trained in infant, child, and adult cardio-pulmonary resuscitation (CPR) and the proper use of an automated electrical defibrillation (AED) device. Certifications will be available for students who successfully complete the certification requirements. Additionally, students majoring in the healthcare field who complete this course will be given the opportunity to attend an extra session(s) to be certified in the American Heart Association Basic Life Support for Health Care Providers course.

Entry Level Standards:
None

Prerequisites:
No College level prerequisites

Textbook(s) and Other Course Materials:


Personal Equipment:

1. A non-disposable protective mask for CPR/AED training is required. The first day of class appropriate masks will be shown to students. This mask is commonly called a Pocket mask. It is made of firm plastic and is reusable. It will be available in the PSCC Bookstore and may also be found on-line. Oxygen capability not required. It is helpful if the mask has a case.

2. Students will be required to have: 1 pair of disposable gloves, 1 gauze roller bandage, and 1 dressing for a wound. Do not purchase before the first day of class.

3. Comfortable clothing for moving around and participating in activities on the floor. The student may bring a towel or other type of padding to protect the knees when practicing CPR, AED, and First Aid skills.

I. Week/Unit/Topic Basis:

This course is taught in several different time formats based on the class section chosen. Fifty-five minutes
two times a week for the full semester OR one-hundred and ten minutes one day a week for the full semester OR every day (M-R) for one-hundred and ten minutes in one session (four weeks) of summer term.

<table>
<thead>
<tr>
<th>Week</th>
<th>Topic</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td><strong>Introduction;</strong> Course Overview; Health precautions and guidelines during First Aid Training and in emergency situations; Recognizing an Emergency Exists, Responding to an Emergency; Before Giving Care, Body Systems, Checking the scene and victim, Notifying the Emergency Response system (when and how), Conscious adult/child victim check</td>
</tr>
<tr>
<td>2</td>
<td><strong>Life-Threatening Emergencies:</strong> Checking the Unconscious Victim; Turning the Victim; Recovery Position; Rescue Breaths; Cardiac Emergencies; Cardiopulmonary Resuscitation (CPR) for Adult, Infant, and Child; Skill practice</td>
</tr>
<tr>
<td>3</td>
<td><strong>Life-Threatening Emergencies:</strong> Obstructed Airway (conscious and unconscious victims); Shock; <strong>Practice and evaluate all skills to date.</strong> (Adult, Child, Infant)</td>
</tr>
<tr>
<td>4</td>
<td>Practice and evaluate all skills to date. (Adult, Child, Infant)</td>
</tr>
<tr>
<td>5</td>
<td>Evaluate: CPR and Obstructed Airway (modified CPR) with scenarios</td>
</tr>
<tr>
<td>6</td>
<td>Evaluate: CPR and Obstructed Airway (modified CPR) with scenarios</td>
</tr>
<tr>
<td>7</td>
<td>Written Exams on all information to this date.</td>
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<tr>
<td>8</td>
<td>AED lecture, Practice, Evaluation, and Written Exam</td>
</tr>
</tbody>
</table>

**Safety issues and prevention tactics** and plans will be included in the First Aid lectures.

<table>
<thead>
<tr>
<th>Week</th>
<th>Topic</th>
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</thead>
<tbody>
<tr>
<td>9</td>
<td><strong>Injuries:</strong> Wounds and Bleeding; Shock; Soft Tissue Injuries (including Burns); Injuries to Chest, Abdomen, and Pelvis; Scenarios and skill checks</td>
</tr>
<tr>
<td>10</td>
<td><strong>Injuries Continued:</strong> Injuries to Chest, Abdomen, and Pelvis (Cont’d); Injuries to Head, Neck, and Back; Musculoskeletal Injuries; Scenarios and skill checks</td>
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<tr>
<td>11</td>
<td><strong>Injuries Continued:</strong> Injuries to Extremities; Splinting, Sling and Binder; Scenarios and skill checks</td>
</tr>
<tr>
<td>12</td>
<td><strong>Medical Emergencies:</strong> Sudden Illness; Poisoning; Bites and Stings; Scenarios</td>
</tr>
<tr>
<td>13</td>
<td><strong>Medical Emergencies Continued:</strong> Substance Misuse and Abuse; Heat and Cold Exposure; Reaching and Moving Victims; Caring for Special Needs Victims; Emergency Childbirth; Scenarios</td>
</tr>
<tr>
<td>15</td>
<td><strong>FINAL EXAM: First Aid Exam;</strong> (Limited time for make-up skill tests for student(s) with approved skill absence.)</td>
</tr>
</tbody>
</table>

**Day and time may be found on the Final Exam Schedule for all college classes**

II. Course Goals*

The course will

A. To improve functional knowledge and ability in recognizing and caring for common types of
emergencies that arise due to persons becoming suddenly ill, injured, or emotionally disturbed. I.1, I.6, I.7, III.3, VII.3-6

B. To increase level of safety awareness. VII.3-6, I.6, I.7, III.2, III.7,

C. To exhibit the knowledge and skills necessary in an emergency to help sustain life, reduce pain, and minimize the consequences of injury or sudden illness until professional medical help arrives. I.1, I.6, III.3, VII.3-6

*Roman numerals after course objectives reference goals of the (______________) program.

III. Expected Student Learning Outcomes*:

Students will be able to:

1. Define key terms related to first aid and emergency care. (A,C)
2. Recognize when an emergency has occurred. (A,B,C)
3. Classify an emergency according to signs, symptoms, and conditions. (A)
4. Demonstrate the ability to make appropriate care decisions for the emergency victim. (A,C)
5. Correctly demonstrate the ARC technique for adult, child, and infant airway obstruction (conscious and unconscious). (A,C)
6. Correctly demonstrate ARC technique for child and infant rescue breathing. (A,C)
7. Correctly demonstrate ARC technique for adult, child, and infant CPR. (A,C)
8. Correctly demonstrate the technique for utilizing an AED for adult and child. (A,C)
9. Describe the emergency 911 system. (A,C)
10. Integrate concepts and skills necessary to provide emergency first aid care from assessment to implementation until professional medical help is available. (A,C)
11. Relate lifestyle to prevention of lifestyle-related illness and injury. (A,B,C)
12. Discuss the legal, moral, and ethical issues related to emergency care. (A)
13. Recognize possible safety issues (personal, group, community). (A, B, C)
14. Plan methods to increase their personal safety and the safety of others. (A,C)
15. **FINAL EXAM: First Aid Exam;** (Limited time for make-up skill tests for student(s) with approved skill absence.)

**Day and time may be found on the Final Exam Schedule for all college classes**

* Capital letters after Expected Student Learning Outcomes reference the course goals listed above.

**AMERICAN RED CROSS CERTIFICATION REQUIREMENTS:**

1. Demonstrate skills to instructor satisfaction based on ARC protocol (airway obstruction, artificial resuscitation, Automated Electrical Defibrillation, control of bleeding/bandaging/splinting).
Pass written exams with an average score of 80 percent or higher.

IV. Evaluation:

A. Testing Procedures:

The student will be evaluated by written exams and skill tests on Responding to Emergencies: Safety, First Aid, Adult, Infant, and Child CPR, and AED training for Adult and Child. Red Cross policies and procedures will be followed for certifications.

*Quizzes and exams may not be made up if missed without prior approval of the instructor. (Written documentation of the extenuating circumstances causing the absence will be required.)

Students will be expected to attend all classes and complete all practice sessions and assignments.

EXAMS:
The written exams (listed below) are American Red Cross Certification Exams. Written exams are to be taken on the date specified on the calendar. A make-up exam requires approval from the instructor and can be scheduled ONLY when the student 1) notifies the instructor prior to absence and 2) provides adequate documentation for the absence. These absences will be handled on a case-by-case basis.

B. Laboratory Expectations:

n/a

C. Field Work:

n/a

D. Other Evaluation Methods:

ATTENDANCE:
This is a skills-based course. Regular attendance is essential. Students will attend 90% of classes. You may not be absent on skill evaluation or written exam days without documentation and prior approval of the instructor. Absences will be evaluated on a case-by-case basis. Absences will negatively affect your ability to be Red Cross certified, as well as affect your final grade. Absence policy will be further defined in syllabus for specific sections based on number of days class is scheduled.

SKILL EVALUATIONS:
Due to the time required to fairly evaluate each student, students MUST be evaluated during the assigned time. Absences on these days should be avoided if at all possible. Skill evaluation may be rescheduled during the assigned Final Exam time with documentation and instructor approval. The simplest and easiest approach is NOT to miss. See Attendance Policy.

SKILL PERFORMANCE STANDARDS:
- Practical skills will be evaluated on specified days (see individual class syllabus for calendar).
- Skills are evaluated per American Red Cross standards. Skill techniques other than ARC
will not be regarded as acceptable for evaluation purposes in this course.

- Students are expected to bring materials to class when indicated. Lack of preparedness will result in exclusion from practice and/or evaluation. Lack of breathing device or bandaging supplies does not constitute an excuse from scheduled evaluation time. A loss of points will result.

Giving help to your partner in any matter (verbal/nonverbal) during the evaluation of any practical skill is unacceptable and may result in loss of points by both partners for that particular skill.

E. Grading Scale:

- Written Exams.................................................40%
  Before Giving Care
  Adult, Child, Infant CPR
  Adult, Child, Infant AED
  Adult, Child, Infant choking
  First Aid
  Safety
- Skill evaluation total points................................60%
  Includes attendance and participation.

FINAL GRADE DISTRIBUTION:

<table>
<thead>
<tr>
<th>Grade</th>
<th>Percentage</th>
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<tbody>
<tr>
<td>A</td>
<td>93 – 100</td>
</tr>
<tr>
<td>B+</td>
<td>92 – 88</td>
</tr>
<tr>
<td>B</td>
<td>87 – 83</td>
</tr>
<tr>
<td>C+</td>
<td>82 – 78</td>
</tr>
<tr>
<td>C</td>
<td>77 – 73</td>
</tr>
<tr>
<td>D+</td>
<td>72 – 68</td>
</tr>
<tr>
<td>D</td>
<td>67 – 62</td>
</tr>
<tr>
<td>F</td>
<td>61 and below</td>
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V. Policies:

A. Attendance Policy:

Due to strict American Red Cross standards and requirements for certification, the absence policy for this course is outlined under the Attendance Policy found above this. Missing a class is an absence. Absences are NOT evaluated as to excused or un-excused. Excessive absences will lower final grade and will affect the student’s ability to become American Red Cross certified in the various course components. Missed video segments, written exams, and skill evaluations must be completed for certification. (please see make-up policy)

B. Academic Dishonesty:

Academic misconduct committed either directly or indirectly by an individual or group is subject to disciplinary action. Prohibited activities include but are not limited to the following practices:

- Cheating, including but not limited to unauthorized assistance from material, people, or devices when taking a test, quiz, or examination; writing papers or reports; solving problems; or completing academic assignments.
- Plagiarism, including but not limited to paraphrasing, summarizing, or directly quoting published or unpublished work of another person, including online or computerized services, without proper documentation of the original source.
• Purchasing or otherwise obtaining prewritten essays, research papers, or materials prepared by another person or agency that sells term papers or other academic materials to be presented as one’s own work.
• Taking an exam for another student.
• Providing others with information and/or answers regarding exams, quizzes, homework or other classroom assignments unless explicitly authorized by the instructor.
• Any of the above occurring within the Web or distance learning environment.

Please see the Pellissippi State Policies and Procedures Manual, Policy 04:02:00 Academic/Classroom Conduct and Disciplinary Sanctions for the complete policy.

C. Accommodations for disabilities:

Students that 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 sending email to disabilityservices@pstcc.edu, or visiting Goins 127, 132, 134, 135, 131. More information is available at http://www.pstcc.edu/sswd/.

D. Other Policies:

Tardiness/Lateness:
Students are expected to be on time for class. Students late for class will have points deducted from their skill/participation total. Ten minutes late will result in a tardy. Three tardies equal an absence. Twenty minutes late will result in an absence.

Make-up Policy:
All make-up exams, both written examinations and skill evaluations will be given during the final exam time. A limited amount of time is available. Students missing class must watch the appropriate videos to qualify for certification. Failure to do so results in the loss of all points for participation/attendance.

Honesty Policy
Students are required to abide by the honesty policy set forth by Pellissippi State. The specifics are listed and explained in the student handbook (catalog) on pages 62 and 63. An explanation of plagiarism may be found at http://www.pstcc.edu/library/tutorial2/Plagiarism2.htm. Gum, Food, Drink, Cell Phone, etc. Policy:
In accordance with the guidelines of the Student Recreation Center: tobacco products, food, or drinks are not allowed in Physical Education classes. No chewing gum is allowed in class. Lipstick must be removed before using manikins.

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.