

PELLISSIPPI STATE COMMUNITY COLLEGE
MASTER SYLLABUS

**FIRST AID, SAFETY & CPR
PHED 2430**

Class Hours: 2.0

Credit Hours: 2.0

Laboratory Hours: 0.0

Revised: Fall 2012

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:

American Red Cross First Aid: Responding To Emergencies: Comprehensive First Aid/CPR/AED, San Bruno, CA: KramesStayWell Strategic Partnership Division, 2012. ISBN 978-1-58480-5540-0

Personal Equipment:

Red Cross First Aid Training Packet: (required) containing disposable mask, roller gauze, triangular bandages, 4X4 gauze. This may be purchased in the PSTCC Bookstore or at the Knox Area American Red Cross office.

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:

Week	Topic
1	Introduction; Course Overview; Health Precautions and Guidelines During First Aid Training; Responding to an Emergency; Before Giving Care, Body Systems, Conscious adult/child victim check
2	Life-Threatening Emergencies: Checking the Unconscious Victim; Breathing Emergencies; Obstructed Airway; Rescue Breaths
3	Life-Threatening Emergencies: Rescue Breathing; Cardiac Emergencies;

- Cardiopulmonary Resuscitation (CPR); Unconscious Choking; Shock
- 4 Life-Threatening Emergencies : Practice and evaluate all skills to date. (Adult, Child, Infant)
 - 5 Practice and evaluate all skills to date. (Adult, Child, Infant)
 - 6 Evaluate: CPR, RB, Obstructed Airway (modified CPR) with scenarios
 - 7 Evaluate: CPR, RB, Obstructed Airway (modified CPR) with scenarios
 - 8 Exam 1 (re-takes if necessary); skill evaluations if needed
 - 9 AED lecture, Practice, Evaluation, and Exam (Any student who is absent on evaluation day for AED will not be eligible for AED certification. There are no AED make-ups)
 - 10 Injuries: Wounds and Bleeding; Shock; Soft Tissue Injuries (including Burns); Injuries to Chest, Abdomen, and Pelvis; Scenarios and skill checks
 - 11 Injuries Continued: Injuries to Chest, Abdomen, and Pelvis (Cont'd); Injuries to Head, Neck, and Back; Musculoskeletal Injuries; Scenarios and skill checks
 - 12 Injuries Continued: Injuries to Extremities; Splinting, Sling and Binder; Scenarios and skill checks
 - 13 Medical Emergencies: Sudden Illness; Poisoning; Bites and Stings; Scenarios
 - 14 Medical Emergencies Continued: Substance Misuse and Abuse; Heat and Cold Exposure; Reaching and Moving Victims; Caring for Special Needs Victims; Scenarios
 - 15 FINAL EXAM: First Aid Exam; (Limited time for make-up skill tests for student(s) with approved skill absence.)

NOTE: 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.

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 university parallel program.

IV. Expected Student Learning Outcomes *:

The student 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)

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

V. 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.

POINT DISTRIBUTION:

- Written Exams.....40%
 Before Giving Care
 Adult CPR

Child CPR
Infant CPR
Adult AED
Child AED
First Aid

- Skill evaluation total points.....60%

Includes attendance and participation.

ADULT

Skills: Before giving care, recovery position, conscious victim check, unconscious victim check, conscious choking, unconscious choking, CPR, AED, scenarios

CHILD

Skills: Before giving care, recovery position, conscious victim check, unconscious victim check, conscious choking, unconscious choking, Rescue Breathing, CPR, AED, scenarios

INFANT

Skills: Before giving care, recovery position, unconscious victim check, conscious choking, unconscious choking, Rescue Breathing, CPR, AED, scenarios

Skills: First Aid skills including wounds, bleeding and bandaging, splinting (anatomic, hard, soft), sling and binder.

AMERICAN RED CROSS CERTIFICATION REQUIREMENTS:

Demonstrate skills to instructor satisfaction based on ARC protocol (airway obstruction, artificial respiration, cardiopulmonary resuscitation, Automated Electrical Defibrillation, control of bleeding/bandaging, and splinting).

Pass written exams with an average score of 80 percent or higher.

B. Laboratory Expectations:

N/A

C. Field Work:

N/A

D. Other Evaluation Methods:

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:

FINAL GRADE DISTRIBUTION:

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 and below points

VI. Policies:

A. Attendance Policy:

Pellissippi State expects students to attend all scheduled instructional activities. As a minimum, students in all courses (excluding distance learning courses) must be present for at least 75 percent of their scheduled class and laboratory meetings in order to receive credit for the course. Individual departments/programs/disciplines, with the approval of the vice president of Academic Affairs, may have requirements that are more stringent. In very specific circumstances, an appeal of the policy may be addressed to the head of the department in which the course was taken. If further action is warranted, the appeal may be addressed to the vice president of Academic Affairs.

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

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 <http://www.pstcc.edu/sswd/>.

D. Other Policies:

Absence 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)

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 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.

Gum, Food, Drink, Cell Phone, etc. Policy:

In accordance with the guidelines of the Student Recreation Center: tobacco products, food, or drink are not allowed in Physical Education classes. The exception would be that WATER is allowed in weight room and outside facilities provided that it is in a spill-proof container. Chewing gum is not allowed outside of the building and may be prohibited for safety reasons. Cell phones should be turned off during class time. In case of emergency situation, please notify the instructor before class and phone on vibrate.

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.

No chewing gum is allowed in class. Lipstick must be removed before using manikins.