

PELLISSIPPI STATE COMMUNITY COLLEGE
MASTER SYLLABUS

FIRST AID, SAFETY, & CPR
PHED 2435

Class Hours: 3.0

Credit Hours: 3.0

Laboratory Hours: 0.0

Revised: Spring 2015

★ 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:

Required Textbook: American Heart Association. *Heartsaver First Aid CPR AED Student Workbook*, 2011. ISBN 978-1-61669-017-5

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:

May be changed to enhance the course. *Skills are taught, practiced, and evaluated throughout the course.*

Week Topic

- 1 Introduction; Course Overview; Group Project Information; Health Precautions and Guidelines During First Aid Training
First Aid Basics
Lecture Topics: Basic Body Systems; Rescuer Duties, Victim and Rescuer Safety, Phoning for Help, Moving from an Unsafe Scene
Read Part 1: First Aid Basics, pp. 1 - 12
- 2 First Aid Basics and Medical Emergencies
Lecture Topics: Finding the Problem; After the Emergency; Sample First Aid Kit. Checking the Conscious and Unconscious Victim; Breathing Problems, Asthma Inhaler; Conscious Choking Adult/Child; Shock
Skill Evaluations: Checking the scene and the victim (conscious and unconscious victims); Turning an unconscious victim; Recovery Position; Choking for Conscious Adult and Child; Asthma Inhaler
- 3 Medical Emergencies
Heart Attack; Fainting; Diabetes; Stroke; Seizure; Poisoning
Hand-outs and in-depth information on small group Safety Presentation Projects
- 4 Injury Emergencies
Lecture Topics: Wounds, Bleeding, and Soft Tissue Injuries; Internal Bleeding; Injuries to Head, Neck, and Spine: Moving a Spine Injury;
Skill Evaluations: Glove Removal, Control of Bleeding and Bandaging
- 5 Injury and Environmental Emergencies
Lecture Topics: Burns and Electrical Injuries Heat-Related Emergencies; Cold-Related Emergencies; Allergic Reaction, Bites and Stings; Epi-Pin; Musculoskeletal Injuries (Broken Bones and Sprains);
Skill Work: splinting, sling and binder
- 6 Review First Aid (Finish all testing for First Aid skills)
First Aid Exam

The next classes will cover Adult/Child/Infant CPR; Adult /Child AED; and Conscious Choking Infant.

- 7 Lecture and Practice: Adult/ Child/Infant CPR and Unconscious Choking
- 8 Lecture, Practice, Skill Tests: Adult/ Child/Infant CPR and Unconscious Choking; Conscious Choking Infant
- 9 Lecture, Practice and Skill Tests:
Practice and Skill Tests: Adult/ Child/Infant CPR;
Group work on safety presentations.
- 10 Continue skill tests and scenarios
Group work on safety presentations
- 11 Lecture, Practice, Skill Test: AED
Skill tests: Complete all CPR skills and AED skills
Exam on Adult/ Child/ Infant CPR and Adult/Child AED
- 12 Group Safety Presentations: Students will take notes and turn in exam questions.
- 13 Group Safety Presentations: Students will take notes and turn in exam questions.

14 Group Safety Presentations: Students will take notes and turn in exam questions.

15 Safety Exam; Final Exam Period

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 TBRs general education goals.

III. Expected Student Learning Outcomes*:

Students will be able to:

- A. Define key terms related to first aid and emergency care. (A,C)
- B. Recognize when an emergency has occurred. (A,B,C)
- C. Classify an emergency according to signs, symptoms, and conditions.(A)
- D. Demonstrate the ability to make appropriate care decisions for the emergency victim. (A,C)
- E. Correctly demonstrate the ARC technique for adult, child, and infant airway obstruction (conscious and unconscious). (A,C)
- F. Correctly demonstrate ARC technique for child and infant rescue breathing. (A,C)
- G. Correctly demonstrate ARC technique for adult, child, and infant CPR. (A,C)
- H. Describe the emergency 911 system. (A,C)
- I. Integrate concepts and skills necessary to provide emergency first aid care from assessment to implementation until professional medical help is available. (A,C)
- J. Relate lifestyle to prevention of lifestyle-related illness and injury. (A,B,C)
- K. Discuss the legal, moral, and ethical issues related to emergency care. (A)
- L. Recognize possible safety issues (personal, group, community). (A, B, C)
- M. Plan methods to increase their personal safety and the safety of others.(A,C)

* 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 American Heart Association nationally

recognized protocols and standards. (Skills include, but are not limited to: scene assessment and victim care, airway obstruction, cardiopulmonary resuscitation with a mask, Automated Electrical Defibrillation, control of bleeding, bandaging, and splinting, administering epinephrine-pin and asthma inhaler.)

2. Pass written exams with an average score of 80 percent or higher.
3. The Heartsaver certification has an additional fee of \$2.50. Students that elect to also take the certification segment for Basic Life Support for Health Care Providers will be required to pay an additional \$5.00.

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. **American Heart Association 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 Heart Association 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
First Aid
Safety
- Skill evaluations 40 %
Includes attendance and class participation
- Safety Presentation and Group Work 20%
100 %

FINAL GRADE DISTRIBUTION:

A	93 – 100
B+	92 – 88
B	87 – 83
C+	82 – 78
C	77 – 73
D	72 – 62
F	61 and below

V. 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.

Each student is allowed to miss three classes. The fourth absence will result in a grade of “F”.

Absences are not evaluated as “excused” or “unexcused”.

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 Disability Services (DS) in order to receive accommodations in this course. Disability Services may be contacted by sending email to disabilityservices@pstcc.edu, or by visiting Alexander 130. 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 Policies:

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.

Cell Phone Policy:

Use of cell phones (texting, talking, surfing the web, reading emails, etc.) will be limited to approved classroom activities. Usage of text messaging will only be allowed if there is an emergency on a particular day of class, and the student lets the instructor know ahead of time that he/she may be expecting a message. This will prevent students from missing material that is covered in class, and it is respectful to other students and the instructor.

Food, Drink, 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.

Stepping out of the Classroom:

Students are to remain in the classroom during all classes, unless he/she needs to use the restroom. This will eliminate distractions to other classmates and allow all students to not miss any material covered in class.

Exercise Disclaimer:

Please consult your physician or medical professional before starting any exercise, diet, treatment, health, self-help, nutrition or any other related program.

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.