

## HHPK 211.001

First Aid and Safety – 3-semester hour credit

Summer I - 2015

Monday, Tuesday, Wednesday, and Thursday (1:00pm – 2:50pm)

Field house, Room 101

Instructor: Henry H. Ross, EdD  
Office: Field house 216  
Phone: (903) 468-6043  
Office Hours: M, T, W, Th - 8:00am – 8:30am and 3:30pm – 5:00pm  
Friday by Appointment only between 8:00am – 10:30am  
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### Catalog Description:

This course is designed to develop the knowledge and skills necessary to be effective as a first responder to accidents, injuries, and sudden illness. Life saving skills and accident prevention principles will also be included.

### Course Objectives: *The student will.....*

1. Develop the knowledge and skills needed to meet many different types of situations when emergency first aid care is needed and medical assistance is not excessively delayed.
2. Develop the knowledge and skills needed to aid the infant, the child, or the adult who is experiencing a breathing emergency.
3. Develop knowledge and skill in the use of the AED (Automated External Defibrillator).
4. Develop knowledge and understanding of the many causes of accidents and injuries so that action can be taken to eliminate or minimize such causes.

### Class Procedures:

The class will be taught using two instructional approaches. About 62% of the class time will be spent in lecture format in which discussions will be held and 38% in practicing first aid and CPR skills. Guest speakers, films, demonstrations, and videos will be used depending on need and availability. The instructor has the right to modify the outline of the course. Therefore, it is essential that the student attend class, or if absent, find out about course changes and what may have been missed.

### Class Attendance and Participation:

Students are expected to attend class and participate appropriately in class sessions. Tardy three times for a class will be equal to one absence. *In addition to regular attendance (attending at least 90% of the class meetings), spirited and appropriate discussion and thoughtful questions may help to raise the student's grade to the next highest grade for those students who may be on the borderline at the end of the semester. [The borderline is considered to be at least 4 points above the mid-point (i.e. 59, 69, 79, and 89)].*

**Assignments:**

**Reading:** To help facilitate class discussions, it is absolutely necessary that class readings be read – and read on time.

**Exams and Quizzes:**

There will be four exams equally spaced throughout the semester. The exams will not be comprehensive and will only cover material from the respective chapters during the semester. The exams may include multiple choice, short answer, and essay questions that cover content from the class lectures and readings. The fourth exam will be held on the last class day.

*To review for the scheduled exams, it is recommended that students complete the test review sections at the end of each chapter. No “make-up” exams are available unless due to extenuating circumstances (i.e. death of an immediate family member, severe illness/illness, etc.) and the student has **written approval** from the instructor to take the exam at a later date.*

*There will be ten (10) quizzes given (as listed on the course calendar). A quiz will be given at the beginning of class and before each chapter/s is presented (except for quiz #1 and #10). Should a student show up for class after the quiz has been passed out, he/she will not be allowed to complete the quiz.*

**Academic Honesty**

At all times, students are expected to complete work independently unless instructed to do otherwise (e.g. practical evaluations and skills test). Cheating on exams is definitely forbidden. The use of notes (unless permission is given by the instructor) or soliciting help from fellow students during an exam is not allowed. Instances of cheating or other forms of dishonesty that are discovered may result in a failing grade for all involved students.

**General Information:**

*Students requesting accommodations for disabilities are encouraged to contact the Office of Student Disability Resources and Services.* The Americans with Disabilities Act (ADA) is a federal anti-discrimination statute that provides comprehensive civil rights protection for persons with disabilities. Among other things, this legislation requires that all students with disabilities be guaranteed a learning environment that provides for reasonable accommodation of their disabilities. **For more information, please contact the Coordinator of Student Disability Resources and Services, Gee Library, Room 132, (903) 886-5150 or (903) 886-5835.**

“All students enrolled at the University shall follow the tenets of common decency and acceptable behavior conducive to a positive learning environment.” (See Student’s Guide Handbook, Policies and Procedures, Conduct)

\* **PLEASE, TURN OFF CELL PHONES DURING CLASS.** An emergency number to give to individuals who might need to contact you is 903-886-5868 (University Police) or 903-886-5048 (Dean of Students) or 903-886-5549 (Health and Human Performance Administrative Assistant, Billie Abell).

**Course Calendar Summer I - 2015: (subject to modification)**

<b>DATE</b>	<b>TOPIC</b>	<b>READINGS/ASSIGNMENT</b>
6/8	Introductions / Syllabus	
	If Not You ... Who? / Help Can't Wait	Chapter 1/ Quiz 1(After Lecture)
6/9	Responding to Emergencies / Before Giving Care	Chapter 2/Chapter 3/ Quiz 2
6/10	Checking the Victim / Bleeding	Chapter 5/Chapter 8/ Quiz 3
6/11	Shock	Chapter 9 / Quiz 4
	<b>Test Review</b>	
<b>6/15</b>	<b>EXAM #1 (Chapters 1, 2, 3, 5, 8, and 9) ..... 1:00pm – 2:00pm</b>	
6/16	Slide Presentation	
	Soft Tissue Injuries / Musculoskeletal Injuries	Chapter 10/ Chapter 11/ Quiz 5
6/17	Injuries to the Extremities / Injuries to the H, N, and B	Chapter 12/ Chapter 13/ Quiz 6
6/18	Injuries to the Chest, Abdomen, & Pelvis	Chapter 14/ Quiz 7
	<b>Test Review</b>	
<b>6/22</b>	<b>EXAM #2 (Chapters 10, 11, 12, 13, and 14) ..... 1:00pm – 2:00pm</b>	
6/23	Sudden Illness / Poisoning	Chapter 15/Chapter 16/ Quiz 8
6/24	Bites and Stings / Substance/Misuse /Heat & Cold-Related Emergencies	Chapter17/ Chapter 18/Chapter 19/ Quiz 9
6/25	<b>Test Review</b>	
	Take Students to First Aid/CPR Lab (FH 005)	
<b>6/29</b>	<b>EXAM #3 (Chapters 15, 16, 17, 18, and 19) ..... 1:00pm – 2:00pm</b>	
6/30	Reaching and Removing Victims / Bandaging / Splinting	Chapter 20/LAB
7/1	Reaching and Removing Victims / Bandaging / Splinting	LAB
7/2	Video – Breathing Emergencies [ <b>Chapter 7</b> ] / Obstructed Airway (Conscious and Unconscious Infant/Child/Adult)	LAB

7/6	Video – Breathing emergencies [ <i>Chapter 7</i> ] / Obstructed Airway (Conscious and Unconscious Infant, Child, and Adult)	LAB
7/7	Video - CPR - Infant/Child/Adult [ <i>Chapter 6</i> ] AED (Automated External Defibrillator) / Exam Review / Chapters 6 & 7	LAB ( <i>Quiz 10</i> )
7/8	Video - CPR Infant/Child/Adult [ <i>Chapter 6</i> ] AED (Automated External Defibrillator) / Exam Review / Chapters 6 & 7	LAB ( <i>Quiz 10</i> )
7/9	<b><i>FINAL EXAM (Chapters 6 and 7)</i></b>	<b><i>Classroom</i></b>

### **Grades and Evaluation Procedures:**

There are four written examinations (+ 10 quizzes) and several practical evaluations scheduled within this course. Examinations will be given at the completion of assigned chapters. It is the responsibility of the student to be present on the day scheduled for examinations, quizzes, and practical evaluations. Each exam will be worth 100 points, each quiz worth 10 points, and each scheduled lab attended will be worth approximately 33.33 points. A straight percentage system is used for grading.

**Note:** *In order to receive certification cards for First Aid and CPR, the student must pass the course with at least a “C” average. Should you wish to receive certification cards at the end of the course, the current cost is \$27.00 (subject to change). Cards will be sent to you via email for you to print.*

***\* If you drop the class, and you are not passing the course, the grade assigned will be Dropped Failing.***

There are approximately 3 days scheduled for practical evaluations.

#### **Practical evaluation grades are as follows:**

- 0 – Days missed = 100%
- 1 – Day missed = 67%
- 2 – Days missed = 33%
- 3 – Days missed = 0%

**Grading:**

Final grading will tentatively be done on a percentage based on the total points possible.

Exam #1 =	100 points
Exam #2 =	100 points
Exam #3 =	100 points
Exam #4 =	100 points
Quizzes =	100 points
<u>Practical Examination</u>	<u>100 points</u>
Total	600 points

**TENATIVE FINAL POINT SCALE**

<b>Points</b>	<b>Average</b>	<b>Grade</b>
540-600	90% - 100%	A
480-539	80% - 89%	B
420-479	70% - 79%	C
360-419	60% - 69%	D
359pts. and below	50% and below	F

**Textbook:**

Responding To Emergencies: Comprehensive First Aid/CPR/AED by the American Red Cross  
 Krames StayWell Strategic Partnerships Division Publishers, 2012.  
 ISBN 978-1-58480-554-0

**Grade Calculation Sheet (HHPK 211.001)**

		<b>Grade</b>
Exam #1		
Exam #2		
Exam #3		
Quiz #1	_____	
Quiz #2	_____	
Quiz #3	_____	
Quiz #4	_____	
Quiz #5	_____	
Quiz #6	_____	
Quiz #7	_____	
Quiz #8	_____	
Quiz #9	_____	
Quiz #10	_____	
Practical		
Exam #4		
Total Points		

Number of absences and/or times tardy \_\_\_\_\_

*\* If you drop the class, and you are not passing the course, the grade assigned will be Dropped Failing.*

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