



CREDIT COURSE OUTLINE

I. COVER PAGE

(1) HLTH 2	(2) FIRST AID AND SAFETY	(3) 2
Number	Title	Units

(4) Lecture / Lab Hours:	(8) Classification:	
Total Course Hours		
Total Lec hours: 2.00	Degree applicable:	X
Total Lab hours: 0	Non-degree applicable:	
Total Contact hours: 36.00	Basic skills:	
Lec will generate <u>0</u> hour(s) outside work.	(9) RC	Fulfills AS/AA degree requirement: (area)
Lab will generate <u>0</u> hour(s) outside work.		Physical Education
(5) Grading Basis:	Grading Scale Only	General education category:
	Pass/No Pass option X	Major: PHYSICAL EDUCATION
	Pass/No Pass only	Certificate of:
(6) Advisories:		Certificate in: COACHING
Eligibility for English 125 or 126	(10) CSU	Baccalaureate: X
(7) Pre-requisites (requires C grade or better):	(11) Repeatable: (A course may be repeated three times)	0
Corequisites:		

(12) Catalog Description:
 This course is designed to prepare citizen responders with the knowledge and skills necessary to respond to emergency and first-aid situations. First aid, CPR, and AED for adults, children and infants are included in this course. Students will be eligible to take American Red Cross certification exams upon successful completion of each respective content area.

II. COURSE OUTCOMES:

(Specify the learning skills the student demonstrates through completing the course and link critical thinking skills to specific course content and objectives.)

Upon completion of this course, students will be able to:

- I. Demonstrate knowledge of the skills and techniques used in the application of first aid procedures
- II. Identify the signs and symptoms of life-threatening injuries and illnesses and perform first aid for each
- III. Prepare written reviews and surveys involving first aid procedures and safety awareness
- IV. Participate in class discussions and analyze life - threatening situations

III. COURSE OBJECTIVES:

(Specify major objectives in terms of the observable knowledge and/or skills to be attained.)

In the process of completing this course, students will:

- I. Demonstrate proficiency in first aid and safety knowledge and skill
- II. Distinguish between various life-threatening injuries and illnesses and respond appropriately
- III. Complete standard first aid and cardiopulmonary resuscitation certification upon successful completion of all requirements

IV. COURSE OUTLINE:

Lecture Content:

- A. Orientation Legal Aspects
 - 1. good Samaritan laws
 - 2. confidentiality
- B. Introduction to First Aid
 - 1. preparing to act
 - 2. acting in an emergency
- C. Wounds and Soft Tissue Injuries
 - 1. open / puncture
- D. Specific Injuries
 - 1. head and spinal
 - 2. chest, pelvic and abdominal

- E. Shock
 - 1. cause
 - 2. first aid
- F. Respiratory Emergencies – CPR (Cardiopulmonary Resuscitation)
 - 1. adult/child and infant
 - 2. using the AED
- G. Swallowed Objects and Choking (Abdominal Thrusts)
 - 1. adult and infant
- H. Poisoning
 - 1. overview
 - 2. prevention
- I. Substance Misuse and Abuse
 - 1. alcohol and drug use
 - 2. prevention and overdose
- J. Burns
 - 1. types
 - 2. care and prevention
- K. Cold Exposure Emergencies
 - 1. frostbite and hypothermia
- L. Heat Exposure Emergencies
 - 1. heat stroke, heat cramps, heat exhaustion
- M. Sudden Illness
 - 1. heart attack
 - 2. stroke
 - 3. seizures
- N. Dressings and Bandages
 - 1. assessment
 - 2. application
- O. Bone, Joint and Muscle Injuries
 - 1. prevention and assessment
 - 2. fracture, dislocation, sprains and strains
 - 3. types and application of splints
- P. Emergency Rescue and Short- Distance Transfer
 - 1. assessment/ procedure
 - 2. multiple victims

V. APPROPRIATE READINGS

Reading assignments may include but are not limited to the following:

- I. Sample Text Title:
 - 1. Recommended - Staywell *First Aid- Responding to Emergencies*, ed. revised 2007 American Red Cross, Yardley, PA, 2007,

II. Other Readings

- Global or international materials or concepts are appropriately included in this course
- Multicultural materials and concepts are appropriately included in this course

If either line is checked, write a paragraph indicating specifically how global/international and/or multicultural materials and concepts relate to content outline and/or readings.

VI. METHODS TO MEASURE STUDENT ACHIEVEMENT AND DETERMINE GRADES:

Students in this course will be graded in at least one of the following four categories. Please check those appropriate. A degree applicable course must have a minimum of one response in category A, B, or C.

A. Writing			
Check either 1 or 2 below			
X	1. Substantial writing assignments are required. Check the appropriate boxes below and provide a written description in the space provided.		
	2. Substantial writing assignments are NOT required. If this box is checked leave this section blank. For degree applicable courses you must complete category B and/or C.		
	a) essay exam(s)	X	d) written homework

	b) term or other paper(s)		e) reading reports
	c) laboratory report(s)	X	f) other (specify) Safety Reports

Required assignments may include but are not limited to the following:

B. Problem Solving Computational or non-computational problem-solving demonstrations, including:			
	a) exam(s)		d) laboratory reports
	b) quizzes		e) field work
	c) homework problems	X	f) other (specify): Scenarios of how to treat injuries.

Required assignments may include but are not limited to the following:

C. Skill demonstrations, including:			
X	a) class performance(s)	X	c) performance exams(s)
	b) field work		d) other (specify)

Required assignments may include but are not limited to the following:

1. Performance of C.P.R on manikin.
2. Aid to a choking victim
3. Standard first aid for injury or illness

D. Objective examinations including:			
X	a) multiple choice	X	d) completion
X	b) true/false		e) other (specify):
X	c) matching items		

COURSE GRADE DETERMINATION:

Description/Explanation: Based on the categories checked in A-D, it is the recommendation of the department that the instructor's grading methods fall within the following departmental guidelines; however, the final method of grading is still at the discretion of the individual instructor. The instructor's syllabus must reflect the criteria by which the student's grade has been determined. (A minimum of five (5) grades must be recorded on the final roster.)

If several methods to measure student achievement are used, indicate here the approximate weight or percentage each has in determining student final grades.

60% Exams: Exam 1 - 15% Exam 2 - 15% Exam 3 - 15% Exam 4 - 15% 40% Skill Demonstrations/Reports Skill 1 - 10% (Bandaging) Skill 2 - 10% (Splitting & Splitting) Skill 3 - 10% (CPR & Abdominal Thrust) Reports - 10%

VII. EDUCATIONAL MATERIALS

For degree applicable courses, the adopted texts, as listed in the college bookstore, or instructor-prepared materials have been certified to contain college-level materials.

Validation Language Level (check where applicable):	College-Level Criteria Met	
	YES	NO
Textbook	<u>X</u>	_____
Reference materials	<u>X</u>	_____
Instructor-prepared materials	<u>X</u>	_____
Audio-visual materials	<u>X</u>	_____

Indicate Method of evaluation:	
Used readability formulae (grade level 10 or higher)	_____
Text is used in a college-level course	<u>X</u>
Used grading provided by publisher	_____
Other: (please explain; relate to Skills Levels)	_____

Computation Level (Eligible for MATH 101 level or higher where applicable)	_____	<u>X</u>
Content		
Breadth of ideas covered clearly meets college-level learning objectives of this course	<u>X</u>	_____
Presentation of content and/or exercises/projects:		
Requires a variety of problem-solving strategies including inductive and deductive reasoning.	<u>X</u>	_____
Requires independent thought and study	<u>X</u>	_____
Applies transferring knowledge and skills appropriately and efficiently to new situations or problems.	<u>X</u>	_____

List of Reading/Educational Materials

Recommended - Staywell *First Aid- Responding to Emergencies*, ed. revised 2007 American Red Cross, Yardley, PA, 2007,

Comments:

- This course requires special or additional library materials (list attached).
Staywell, (2002) Community First Aid and Safety Yardley, PA American Red Cross
- This course requires special facilities:
Manikins and mats are required. Classroom with space for manikins and mats required.

Attached Files:

<p><u>BASIC SKILLS ADVISORIES PAGE</u> The skills listed are those needed for eligibility for English 125, 126, and Math 101. These skills are listed as the outcomes from English 252, 262, and Math 250. In the right hand column, list at least <u>three</u> major basic skills needed at the beginning of the target course and check off the corresponding basic skills listed at the left.</p>	
<p>(eligibility for English 125) (as outcomes for English 252)</p> <p><input checked="" type="checkbox"/> Writing complete English sentences and avoiding errors most of the time.</p> <p><input checked="" type="checkbox"/> Using the conventions of English writing: capitalization, punctuation, spelling, etc.</p> <p><input checked="" type="checkbox"/> Using verbs correctly in present, past, future, and present perfect tenses, and using the correct forms of common irregular verbs.</p> <p><input type="checkbox"/> Expanding and developing basic sentence structure with appropriate modification.</p> <p><input type="checkbox"/> Combining sentences using coordination, subordination, and phrases.</p> <p><input checked="" type="checkbox"/> Expressing the writer's ideas in short personal papers utilizing the writing process in their development.</p>	<ol style="list-style-type: none"> 1. Students will write short answers on quizzes. 2. Students will write short essays 3. Students will be able to complete examinations
<p>(eligibility for English 126) (as outcomes for English 262)</p> <p><input checked="" type="checkbox"/> Using phonetic, structural, contextual, and dictionary skills to attack and understand words.</p> <p><input checked="" type="checkbox"/> Applying word analysis skills to reading in context.</p> <p><input checked="" type="checkbox"/> Using adequate basic functional vocabulary skills.</p> <p><input type="checkbox"/> Using textbook study skills and outlining skills.</p> <p><input type="checkbox"/> Using a full range of literal comprehension skills and basic analytical skills such as predicting, inferring, concluding, and evaluating.</p>	<ol style="list-style-type: none"> 1. Students must be able to read and comprehend a college-level textbook 2. Students must be able to read and comprehend test questions using basic related terminology 3. Students must be able to present a skills demonstration using appropriate vocabulary
<p><u>Check the appropriate spaces.</u></p> <p><input type="checkbox"/> Eligibility for Math 101 is advisory for the target course.</p> <p><input type="checkbox"/> Eligibility for English 126 is advisory for the target course.</p> <p><input type="checkbox"/> Eligibility for English 125 is advisory for the target course.</p> <p><i><u>If the reviewers determine that an advisory or advisories in Basic Skills are all that are necessary for success in the target course, stop here, provide the required signatures, and forward this form to the department chair, the appropriate associate dean, and the curriculum committee.</u></i></p>	

REQUISITES
No requisites