

# KRCC HEALTH EDUCATION SYLLABUS

**DEPARTMENT PHILOSOPHY:** Our department will use a "concepts" approach to health and physical education, answering three (3) questions: Why is health and physical education important to every person? How to practice healthful activities given individual abilities and interests? What are the individual's real needs for lifetime fitness?

**DEPARTMENT CHAIR:** Michael White                      **DEPT. OFFICE** 305 /Ext 369

**COURSE #:** HE 2                      **COURSE TITLE:** FIRST AID & SAFETY

**COURSE DESCRIPTION:** The first aid treatment of common emergencies that affect members of the household. American Red Cross standard first aid and cardiopulmonary resuscitation certification are received by students who successfully pass all requirements.

**INSTRUCTOR:** Crystal O'Barr                      **OFFICE #** /Ext

**COURSE OBJECTIVES:** The student will acquire and demonstrate knowledge of the skills and techniques used in the application of first aid procedures and CPR. The student will recognize the signs and symptoms of various life-threatening injuries and perform the first aid for each.

**REQUIRED MATERIAL(S):** National Safety Council, First Aid and Emergency Care Workbook, Jones/Bartlett Publishing, 1987.

**ATTENDANCE POLICY:** Attendance does not affect your grade unless you miss a scheduled exam or skills test. Better grades relate to regular class attendance.

**TESTING POLICY:** The student is required to attend every scheduled exam and skills test. Make-ups are allowed only if: 1) the instructor is notified before the exam date of a legitimate reason for not being available for the exam, and/or 2) emergency prevents attendance for the exam or notifying the instructor. All make-up exams are reduced 20% if conditions 1 and/or 2 are not met.

**HOW YOUR FINAL GRADE WILL BE CALCULATED:** Your total number of points accumulated at the end of the semester determine your grade. Percentage of total points earn the grades: 90-100=A; 80-89=B; 70-79=C; 60-69=D; 0-59=F

**DROP POLICY:** 18 week courses have a drop deadline of the 9th week. Short-term classes have a drop deadline of 4.5 weeks. However, you may be dropped by the instructor at any time after four (4) consecutive unexcused absences.

## Course Information

1. **TEXTBOOK:** National Safety Council, First Aid and Emergency Care Workbook, Jones/Bartlett Publishers, 1987.
2. **CERTIFICATIONS:** The required textbook enables a student passing the course to obtain these certifications:
  - a. National Safety Council: First Aid
  - b. National Safety Council: CPR

First Aid/CPR certifications do not:

- a. Serve as a license.
- b. Guarantee the quality of future first aid.

**All certifications only verify successful course completion.**

3. **EXAMINATIONS:** The student is required to attend every scheduled exam and skills test. Make-up exams are allowed only if: 1) the instructor is notified before the exam date of a legitimate reason for not being available for the exam, and/or 2) emergency prevents attendance for the exam or notifying the instructor. All make-up exams are reduced 20% if conditions 1 and/or 2 are not met.
4. **SKILLS TESTS:** The CPR skills test is evaluated on a pass/fail basis. The bandaging and splinting skills test provides points toward your grade.
5. **ATTENDANCE:** Attendance does not affect your grade unless you miss a scheduled exam or skills test.  
Better grades relate to regular class attendance.
6. **BASIS OF GRADE:** Your total number of points accumulated at the end of the semester determine your grade. Percentage of the total points earn these grades:  
90-100=A; 80-89=B; 70-79=C; 60-69=D, 0-59=F.

**Your grade is based upon:**

- 1) Victim assessment test
- 2) BLS written test
- 3) BLS skills test (pass/fail)
- 4) 8 quizzes
- 5) Bandaging/splinting skills test
- 6) Comprehensive final exam

**King River Community College - Health 2  
Course Calendar - Fall 1998**

**Instructor: Crystal O'Barr**

Aug 17	Introduction/ Ch.1
Aug 19	Victim Assessment/Ch.2 & 4
Aug 24	Victim Assessment
Aug 26	<b>Victim Assessment Test/</b> Bloodborne Pathogens
Aug 31	Basic Life Support/Ch.5
Sept 2	Basic Life Support
Sept 7	<b>HOLIDAY</b>
Sept 9	<b>Basic Life Support Written Test</b>
Sept 14	<b>BLS Skills Test</b>
Sept 16	<b>BLS Skills Test</b>
Sept 21	Shock/Ch.6
Sept 23	Bleeding/Ch.6/ Quiz on Shock
Sept 28	Bleeding
Sept 30	Specific Body Area/ Ch.7,10,11/ Quiz on Bleeding
Oct 5	Specific Body Area
Oct 7	Bandaging/ Ch.8/Quiz on Specific Body Area
Oct 12	Bandaging
Oct 14	<b>Bandaging Skills Test</b>
Oct 19	Poisoning/ Ch.16 & 17
Oct 21	Poisoning
Oct 26	Burns/ Ch.9/ Quiz on Poisoning
Oct 28	Cold-related injuries/ Ch.18/ Quiz on Burns
Nov 2	Heat-related injuries/ Ch.19/ Quiz on Cold/Heat Related Injuries
Nov 4	Bone and Muscle/ Ch.12 & 13
Nov 9	Splinting/ Quiz on Bone and Muscle
Nov 11	<b>HOLIDAY</b>
Nov 16	Splinting
Nov 18	Medical Emergencies/ Ch.15
Nov 23	Emergency Childbirth/ Ch.20/ Quiz on Medical Emergencies
Nov 25	CPR Skills Review/ Quiz on Emergency Childbirth
Nov 30	First Aid Supplies/ Ch.21/ Crisis Intervention
Dec 2	Rescuing, moving victims/Ch.23/Quiz on Crisis Intervention
Dec 7	Skills Review
Dec 9	<b>Skills Test</b>
Dec 14	Review
Dec 16	<b>Final Exam</b>

**\*\* Eight of the 10 quizzes will count toward your total points.**