

**Reedley College
Physical Education**

I. Course Title First Aid & Safety
Course Number HLTH 2 - 53050
Unit Value 3
Time/Location Fall 2022 / TU and TH 12:30- 1:45 pm / Portable 3
Course Instructor Richard "TJ" Jennings
 Phone: (559) 638-0354
 E-mail: richard.Jennings@reedleycollege.edu
 Office Location and Hours: PE 319 / By Appointment

II. 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 Certification exams upon successful completion of each respective content area.

III. Required Text: First Aid, CPR, and AED Essentials, 7th or 8th Ed. American College of Emergency Physicians, 2013, Jones & Bartlett Learning. ISBN: 978-1-4496-2662-4

IV. Course Outcomes: Upon completion of this course, students will be able to:

1. Demonstrate knowledge of the skills and techniques used in the application of first aid procedures
2. Identify the signs and symptoms of life-threatening injuries and illnesses and perform first aid for each
3. Prepare written reviews and surveys involving first aid procedures and safety awareness
4. Analyze life-threatening situations

V. Course Objectives: Upon completion of the course the student should be able to:

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

VI. Evaluation Procedures:

Participation (Attendance)	180 pts (5 points per class)
Skill / Chapter Activities	120 pts
First Aid Kit	100 pts
Medical Emergency Presentation	100 pts
Exams / Projects	500 pts
Total:	1000 pts

Grading Scale

Percent	Grade	Total Points
100-90	= A	1000-900 pts
89-80	= B	899-800 pts
79-70	= C	799-700 pts
69-65	= D	699-650 pts
65-0	= F	less than 650 pts

VII. Assignments & Activities

Attendance & Participation: Attendance is required. Please come to class on time, with appropriate notes and text if needed, as well as attire conducive to our lesson. Place phones on silent and leave them in your bag. No eating in class. Active participation is required and will be a portion of your grade. Please read each unit before class so you may engage in the discussion.

Assignments: Assignments are due at the beginning of class on Canvas, all late assignments will be given a 25% reduced score (for example if the assignment is worth 100 points the student would receive a maximum of a 75 for an assignment turned in late. All assignments must be typed and double spaced unless otherwise stated AND turned in on Canvas. Assignments will be graded on content and correctness of information as well as neatness,

professionalism, proper grammar punctuation and spelling. On the occasion that graphic representation of information is used, this must be done on appropriate computer software.

Tests: The exams cannot be made up if missed. If you have a conflict please contact me ahead of time to schedule a different time to take the exam before the rest of the class.

First Aid/CPR Cards: Participation in all activities, skills, assignments, quizzes and 80% on all exams is required to attain the First Aid/CPR Card.

Academic Integrity: “Students at Reedley College are entitled to the best education that the college can make available to them, and they, their instructors, and their fellow students share the responsibility to ensure that this education is honestly attained. Because cheating, plagiarism, and collusion in dishonest activities erode the integrity of the college, each student is expected to exert an entirely honest effort in all academic endeavors. Academic dishonesty in any form is a very serious offense and will incur serious consequences.” (Student Handbook)

Cheating is the act or attempted act of taking an examination or performing an assigned, evaluated task in a fraudulent or deceptive manner, such as having improper access to answers, in an attempt to gain an unearned academic advantage. Cheating may include, but is not limited to, copying from another’s work, supplying one’s work to another, giving or receiving copies of examinations without an instructor’s permission, using or displaying notes or devices inappropriate to the conditions of the examination, allowing someone other than the officially enrolled student to represent the student, or failing to disclose research results completely.

Plagiarism is a specific form of cheating: the use of another’s words or ideas without identifying them as such or giving credit to the source. Plagiarism may include, but is not limited to, failing to provide complete citations and references for all work that draws on the ideas, words, or work of others, failing to identify the contributors to work done in collaboration, submitting duplicate work to be evaluated in different courses without the knowledge and consent of the instructors involved, or failing to observe computer security systems and software copyrights. Incidents of cheating and plagiarism may result in any of a variety of sanctions and penalties, which may range from a failing grade on a particular examination, paper, project, or assignment in question to a failing grade in the course, at the discretion of the instructor and depending on the severity and frequency of the incidents.

Accommodation for Disability: If you have a verified need for an academic accommodation or materials in alternate media(i.e., Braille, large print, electronic text, etc.) per the Americans with Disabilities Act (ADA) or Section 504 of the Rehabilitation Act, please contact me as soon as possible.

Drop Policy: If you have three (3) consecutive unexcused absences **or any absences in the first week of class I will drop you from this course.** You will also be dropped if you have not logged in on Canvas and are not up to date on your assignments by the third week of class (March 27th).

Evaluation Tools

ASSIGNMENT	BRIEF DESCRIPTION	POINT VALUE	DUE DATE
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EVALUATION MODALITIES			
First Aid Kit	Create and research the cost of a fully stocked first aid kit.	50	
Medical Emergency Projects and Presentations		150	
TESTS / PROJECTS		500	
SKILL/CHAPTER ACTIVITIES	In class activates / worksheets.	120	
CLASS PARTICIPATION	Attendance & In-class Discussion & Assignments	180	
TOTAL POSSIBLE		1000	

Class Schedule (Subject to change) * All changes will be made in red and updated on Canvas

Week	Date	Topic	Reading	Assignment Due
1 – TU / TH	Aug 9/ 11	Introductions, Ice Breakers, and Classroom Expectations / CPR and First Aid Introduction		Show Up to Class ☺
2 – TU / TH	Aug 16 / 18	Unit 1: Introduction & Assessment Ch. 1: Background Information / Ch. 2: Action at an Emergency	Ch. 1/ Ch. 2	Study Guide
3 – TU / TH	Aug 23 / 25	Unit 1: Introduction & Assessment Ch. 4: Finding Out What's Wrong	Ch. 4	
4 – TU / TH	Aug 30 / Sep 1	Unit 1 Exam Review (TU) / Unit 1 Exam (TH)		Unit 1 Exam
5 – TU / TH	Sep 6 / 8	Unit 2: Life Threatening Emergencies Ch. 5 CPR Unit 2: Life Threatening Emergencies Ch. 6: AED	Ch. 5 / 6	
6 – TU / TH	Sep 13 / 15	Unit 2 Exam Review (TU) / Unit 2 Exam		Unit 2 Exam
7 – TU / TH		Unit 3: Soft Tissue Injury Ch. 8: Bleeding Unit 3: Soft Tissue Injury Ch. 9: Wounds	Ch. 8 and 9	
8 – TU / TH	Sep 20 / 22	Unit 3 Soft Tissue Injury Ch. 11: Burns Unit 3: Review Worksheet	Ch. 11	
9 – TU / TH	Sep 27 / 29	Unit 3: Exam		Unit 3 Exam
10 – TU / TH	Oct 4 / 6	Unit 4: Muscle-Skeletal Injuries Ch. 12: Head and Spinal Injuries Presentations Unit 4: Muscle-Skeletal Injuries Ch. 13: Chest, Abdominal and Pelvic Injuries Presentations	Ch. 12 and 13	
11 – TU / TH	Oct 11 / 13	Unit 4: Muscle-Skeletal Injuries Ch. 14: Bone, Joint, and Muscle Injuries Presentations Unit 4: Muscle-Skeletal Injuries Ch. 15: Extremity Injuries Unit 4: Review Worksheet	Ch. 14 and 15	
12 – TU / TH	Oct 18 / 20	Unit 5: Sudden Emergencies Ch. 17: Sudden Illness Unit 5: Sudden Emergencies Ch. 18: Poisoning	Ch. 17 and 18	Unit 4 Exam
13 – TU / TH	Oct 25 / 27	Unit 5 Sudden Emergencies Ch. 19: Bites and Stings Unit 5: Review Worksheet	Ch. 19	
14 – TU / TH	Nov 1 / Nov 3	Unit 6: Sudden Emergencies Ch. 20: Cold Related Emergencies	Ch. 20	Unit 5 Exam
15 – TU / TH	Nov 8 / 10	Unit 6: Sudden Emergencies Ch. 21: Heat-Related Emergencies	Ch. 21	
16 – TU	Nov 15 / 17	Unit 6: Life Threatening Emergencies Ch. 7: Shock	Ch. 7	Unit 6 Exam
17 – TU/TH	Nov 22 / 24	THANKSGIVING HOLIDAY		
18 –TH	Nov 29 / Dec 1	CPR Skills Review and Certification		
	Dec 6 - 9	CPR Skills Review and Certification / Final Exam		Final Exam

Medical Emergency Projects /Presentations

150 points. Due dates TBD

1. With a partner, choose a medical emergency from a list of topics (bee sting, asthma attack, seizure, sprain, puncture, etc.) from chapters 12, 13, and 14.
2. Each group will then create a scenario that caused the emergency situation and explain in order and detail how you would provide the appropriate medical care. The scenario and steps need to be typed. For example, do not simply write "Step 1. Put on gloves." Explain why you need to put on gloves. Do not write a paragraph for each step but why the appropriate steps are taken.
3. Present and demonstrate the scenario in front of the class using some sort of visual aid or media presentation (Video, PowerPoint, Pictures, etc)

First Aid Preparation Kit for the workplace or home and a list of its contents

50 points

Based on all of the information you learn from class:

- Create a first aid kit with the appropriate supplies listed on the Red Cross Anatomy of a First Aid Kit guidelines. (<http://www.redcross.org/prepare/location/home-family/get-kit/anatomy>)
- List all of the contents of the kit and the purpose of the supplies, as well as how much each item costs. List an item and state what it is used for (1. Gloves – Protection from bodily fluids). You will keep the first aid kit after it is graded. Do not make it complicated nor expensive, be creative and have fun!