Instructor: C. Suzy Schock, ATC, BS
E-Mail: Blackboard preferable or cschock@islander.tamucc.edu
Phone #: leave a message at 361-825-3674
Class time: TTH 9:30-10:45
Office: IH 179 J
Room: IH 268

I. Course Description:
This course provides basic first aid and CPR instruction and information that leads to a safe and healthy lifestyle. There is a $12 material fee included in registration.

II. Rationale:
Students who complete the certification requirements will receive an American Red Cross Community First Aid and Safety Certificate valid for 3 years; Adult, Child and Infant CPR certificate valid for 1 year; and an AED Essentials certificate which is valid for 1 year. These certifications may be required for gainful employment after graduation (i.e. athletic trainers, teachers, coaches, etc.). Student must pass each unit test with a grade of 70 to receive certification cards.

III. State Adopted Proficiencies for Teachers and/or Administrators/Counselors
1. **LEARNER-CENTERED KNOWLEDGE:** The teacher possesses and draws on a rich knowledge base of content, pedagogy, and technology to provide relevant and meaningful learning experiences for all students.
2. **LEARNER-CENTERED INSTRUCTION:** To create a learner-centered community, the teacher collaboratively identifies needs; and plans, implements, and assesses instruction using technology and other resources.
3. **EQUITY IN EXCELLENCE FOR ALL LEARNERS:** The teacher responds appropriately to diverse groups of learners.
4. **LEARNER-CENTERED COMMUNICATION:** While acting as an advocate for all students and the school, the teacher demonstrates effective professional and interpersonal communication skills.
5. **LEARNER-CENTERED PROFESSIONAL DEVELOPMENT:** The teacher, as a reflective practitioner dedicated to all students’ success, demonstrates a commitment to learn, to improve the profession, and to maintain ethics and personal integrity.
IV.  TExES State Adopted Proficiencies for Teachers  
Domain II Health-Related Physical Fitness  
Physical Education EC–12 Standard X:  
The physical education teacher understands the legal issues and responsibilities of physical education teachers in relation to supervision, planning and instruction, matching participants, safety, first aid, and risk management.

V. Course Objective and Outcome  
Students will be able to demonstrate competency in all of the following required skills:  
1. Recognizing an emergency.  
2. Listing the three basic steps in an emergency plan.  
3. Call EMS and provide information.  
4. Demonstrate how to check a conscious or an unconscious victim.  
5. Recognize a breathing emergency and demonstrate how to care for a person who is not breathing.  
6. Recognize the signals of a cardiac emergency and demonstrate how to care for a person who is in cardiac arrest.  
7. Demonstrate how to care for a person who is choking.  
8. Know the risk factors associated with increased incidence of cardiovascular disease and describe how to control them.  
9. Demonstrate how to care for an infant or child who is not breathing and whose heart has stopped.  
10. Know the four leading causes of childhood deaths in the U.S.  
11. Recognizing and treating hot and cold related injuries.  
12. Identify life-threatening bleeding and demonstrate how to control bleeding.  
13. Know the general care steps for burns.  
14. Demonstrate how to care for muscle, bone and joint injuries.  
15. Recognize and describe how to care for sudden illnesses and various injuries.  
16. Explain how to protect themselves and a victim in an emergency.  
17. Identify the use of an automated external defibrillator (AED) in the Cardiac Chain of Survival.  
18. Describe when and how to move a victim in an emergency situation.

VI. Course Topics  
The major topics to be considered are the recognition of emergency situations, the emergency action plan, the care for injured victims and the prevention of illnesses and injuries.

VII. Instructional Methods and Activities
The course will include lecture/discussions, demonstrations, and video presentations.

VIII. Evaluation and Grade Assignment
Grades are determined from a point percentage. Points will be given for exams and skills tests.

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<tr>
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<th>Points</th>
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<tbody>
<tr>
<td>Presentation</td>
<td>100 pts</td>
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<tr>
<td>Skills Tests (5 @ 25 pts each)</td>
<td>125 pts</td>
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<tr>
<td>Exams (3 @ 100 pts each)</td>
<td>300 pts</td>
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<tr>
<td>Quizzes (5 @ 10 pts each)</td>
<td>50 pts</td>
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<tr>
<td>Final (Written – Comprehensive)</td>
<td>100 pts</td>
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<tr>
<td>Final (Practical)</td>
<td>100 pts</td>
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<tr>
<td>Total</td>
<td>775 pts</td>
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The Grading Scale is as follows:
A = 90-100
B = 80-89
C = 70-79
D = 60-69
F = 0-59

IX. Course Schedule and Policies
A. Attendance is MANDATORY for American Red Cross Certification, because skill checks are done during class times. All absences must be excused. Excused absences are those which involve illness, family emergencies or university sponsored events such as field trips, athletic team participation and other situations beyond the student’s control. Notification of the instructor is required prior to or as soon after missing class as possible. Information presented in class may come from a source other than the textbook. If you miss a class you need to obtain that material from the instructor. No make-up tests will be given except under extreme circumstances. A physician’s note is necessary if you are ill.
B. University students are expected to conduct themselves in accordance with the highest standards of academic honesty. See the student catalog for consequences of student misconduct.

Course Schedule (This schedule is tentative and can change at any time. It is up to you to be aware of any changes discussed in class).

08/25: Review syllabus
08/30: If Not You Who?/Responding to an Emergency (Chapter 1 & 2)
09/01: Before Giving Care – Standard Precautions & Rescue Moves (Chapter 3)
09/06: Body Systems (Read Chapter 4)
09/08: Checking The Victim (Read Chapter 5)
09/13: Breathing Emergencies – (Read Ch. 6 Adult ONLY)
09/15: Cardiac Emergencies (Read Chapter 7 Adult ONLY!)
09/20: Adult Skills Group #1 (Lab 114)
09/22: Adult Skills Group #2 (Lab 114)
09/27: Child & Infant CPR lecture (Read Ch. 5-7 Child only!)
09/29: Child Skills Group #1 (Lab 114)
10/04: Child Skills Group #2 (Lab 114)
10/06: AED lecture (Child & Adult p. 152-155)
10/11: AED Skills Group #1 (Lab 114)
10/13: AED Skills Group #2 (LAB 114)
10/18: AED Skills Group #3 (LAB 114)
10/20: AED Skills Group #4 (LAB 114)
10/25: Test #1 (Emergency Action Plan/Adult CPR Ch. 1-7)

10/27: Cuts/Controlling Bleeding (Read Chapter 8 & 10)
11/01: Muscle, Bone & joint (Read Chapter 11, 12, 13 & 14)
11/03: Skills Check – Controlling bleeding/Splinting

11/08: Test #2 (Ch. 8, 10-14)

11/10: Sudden Illneses (Chapter 15) & Poisoning/Bites & Stings (Chapter 16 & 17)*
11/15: Burns/Shock (p.160-169) (Chapter 9) & Poisoning/Bites & Stings (Chapter 16 & 17)*
11/17: Heat & Cold Exposure (Read Chapter 19)/People with Special needs (Read Chapter 21)* Childbirth (Read Chapter 22)

11/22: Test #3 Medical Emergencies & Special Situations (Ch. 9, 15-17, 19, 21-22)

11/24: Practicals
11/29: Practicals
12/01: Practicals
12/06: Practicals

12/13 Written FINAL COMPREHENSIVE (8:00-10:30 AM)

*Student Presentations
X. Textbook

*Required: First Aid Kit can be purchased at the bookstore. Must ask an attendant.

XI. Bibliography


XII. GRADE APPEALS

As stated in University Rule 13.02.99.C2, Student Grade Appeals, a student who believes that he or she has not been held to appropriate academic standards as outlined in the class syllabus, equitable evaluation procedures, or appropriate grading, may appeal the final grade given in the course. The burden of proof is upon the student to demonstrate the appropriateness of the appeal. A student with a complaint about a grade is encouraged to first discuss the matter with the instructor. For complete details, including the responsibilities of the parties involved in the process and the number of days allowed for completing the steps in the process, see University Rule 13.02.99.C2, Student Grade Appeals, and University Procedure 13.02.99.C2.01, Student Grade Appeal Procedures. These documents are accessible through the University Rules Web site at http://www.tamucc.edu/provost/university_rules/index.html. For assistance and/or guidance in the grade appeal process, students may contact the Office of Student Affairs.

XIII. DISABILITY ACCOMMODATIONS

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. If you believe you have a disability requiring an accommodation, please call or visit Disability Services at (361) 825-5816 in Driftwood 101.

If you are a returning veteran and are experiencing cognitive and/or physical access issues in the classroom or on campus, please contact the Disability Services office for assistance at (361) 825-5816.