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, Adult, Child and Infant CPR certificate, and an AED Essentials certificate, which is valid for 2 years. 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 80 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.
Skills Tests (5 @ 20 pts each) 100 pts  
Exams (4 @ 100 pts each ) 400 pts  
Quizzes (10 @ 10 pts each) 100 pts  
Practical 100 pts  
Final (Written – Comprehensive) 100 pts  
Total 800 pts

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).  

<table>
<thead>
<tr>
<th>Date</th>
<th>Topic</th>
<th>Reading Assignment</th>
<th>Quiz Due</th>
</tr>
</thead>
<tbody>
<tr>
<td>8/23</td>
<td>Review Syllabus, Introductions</td>
<td>Chapter 1-3</td>
<td></td>
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<tr>
<td>8/28</td>
<td>If Not You Who? / Taking Action/Before Giving Care</td>
<td>Chapter 4-5</td>
<td>Ch. 1-3</td>
</tr>
<tr>
<td>8/30</td>
<td>The Human Body &amp; Checking the Person</td>
<td>Chapter 5</td>
<td>Ch. 4&amp;5</td>
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<tr>
<td>9/4</td>
<td>Checking the Victim – Skills Group A</td>
<td>Chapter 5</td>
<td>Ch. 4&amp;5</td>
</tr>
<tr>
<td>9/6</td>
<td>Checking the Victim – Skills Group B</td>
<td>Chapter 6-7</td>
<td></td>
</tr>
<tr>
<td>9/11</td>
<td><strong>Exam I</strong></td>
<td><strong>Chapters 1-5</strong></td>
<td></td>
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<tr>
<td>9/13</td>
<td>Breathing Emergencies &amp; Cardiac Emergencies</td>
<td>Chapter 6-7</td>
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<tr>
<td>9/18</td>
<td>Adult CPR &amp; Unconscious &amp; Conscious Choking– Skills Group #1</td>
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<tr>
<td>9/20</td>
<td>Adult CPR &amp; Unconscious &amp; Conscious Choking– Skills Group #2</td>
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<tr>
<td>9/25</td>
<td>Adult CPR &amp; Unconscious &amp; Conscious Choking– Skills Group #3</td>
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<td>Ch. 6-7</td>
</tr>
<tr>
<td>9/27</td>
<td>Child &amp; Infant CPR &amp; Unconscious Choking &amp; Rescue Breathing Skills Group #1</td>
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<tr>
<td>10/2</td>
<td>Child &amp; Infant CPR &amp; Unconscious Choking &amp; Rescue Breathing Skills Group #2</td>
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<td>10/4</td>
<td>Child &amp; Infant CPR &amp; Unconscious Choking &amp; Rescue Breathing Skills Group #3</td>
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<tr>
<td>10/9</td>
<td>AED Lecture &amp; Skills Group #1</td>
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<tr>
<td>10/11</td>
<td>AED Lecture &amp; Skills Group #2</td>
<td></td>
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</tbody>
</table>
10/16  AED Lecture & Skills Group #3
10/18  Bleeding, Internal Bleeding, & Shock   Chapter 8-9   Ch. 8&9
10/23  Exam II   Chapters 6-9
10/25  Soft Tissues, Musculoskeletal, Injuries to Extremities   Chapters 10-12
10/30  Splinting & Wound Care Skills – Skills Group #1
11/1   Splinting & Wound Care Skills – Skills Group #2
11/6   Splinting & Wound Care Skills – Skills Group #3
11/8   Injuries to Head, Neck, Back, Chest Abdomen, and Pelvis   Chapters 13-14   Ch. 10-12
      Sudden Illnesses, Poisoning, Bites and Stings   Chapter 15-17   Ch. 13-17
11/13  EXAM III   Chapters 10-17
11/15  Substance Misuse and Abuse & Heat/Cold Related Emerg. People with Special Needs & Childbirth
11/20  Exam IV – Online – Skills Practice Review - Power   Chapters 19-22   Ch. 19-22
11/22  THANKSGIVING HOLIDAY
11/27  Practical Skills – Group #1
11/29  Practical Skills – Group #2
12/4   Practical Skills– Group #3
12/6   Written FINAL COMPREHENSIVE EXAM   (8:00am-10:30am) Chapters 1-22

X. Textbook

American Red Cross. Responding to Emergencies: Comprehensive First Aid/CPR/AED.

*Required: First Aid Kit can be purchased at the bookstore or American Red Cross office. You MUST have this to complete the skills tests. If you do not have it, you will not be allowed to perform the skills test. NO EXCEPTIONS! OPTIONAL: Skills Cards can be purchased at the American Red Cross.

XI. Bibliography

American Red Cross. Responding to Emergencies: Comprehensive First Aid/CPR/AED.

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 ACCOMODATIONS

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 Corpus Christi Hall (CCH)116.

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.