Instructor: Dr. Misty Kesterson  
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Email: misty.kesterson@tamucc.edu  
Office Hours: MTW 1:00-3:00PM  
Office: IH 374

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 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. TEExES 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 Checks (4 @ 25 pts each) 100 pts  
Exams (4 @ 100 pts each ) 400 pts  
Quizzes (@ 10 pts each) 200 pts  
Presentation  30 pts  
Practical  50 pts  
Total  680 pts

Final (Written – Comprehensive)  100 pts  
Exemption – B or better  
Takes the place of the lowest test grade

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: Please be on time as a courtesy to your professor and others. If you are going to be absent or late the instructor should be notified at the earliest opportunity. Attendance is MANDATORY for American Red Cross Certification, because skill checks and important material is presented 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. The student is responsible for informing the instructor if class attendance will be affected by “approved university business”.

- In order for absences to be excused by the instructor and for a make-up activity opportunity to be approved, the student must provide the instructor reasonable warning of the absence at the earliest opportunity (such as a schedule of out-of-town games).
- Documentation of university-approved commitments is required by the instructor. Documentation for absences due to personal emergencies may be requested by the instructor.
- Make up opportunities will NOT be permitted for class-work or assignments missed due to UNEXCUSED absences, late arrivals or early departures.
- More than THREE (3) unexcused absences during the semester will result in the following consequences:
1. The student will be denied make-up opportunities with each UNEXCUSED absence.
2. The instructor will schedule a conference with the student to discuss meeting class responsibilities with the THREE (3) unexcused absence.

These policies are for your benefit and growth. As you are registered and committed to this class, I am committed to helping you to the best of my ability. If you are unwilling to be responsible for your own learning then you need to understand there are consequences that may affect your grade.

B. Academic Honesty: As per the university catalog, "university students are expected to conduct themselves in accordance with the highest standards of academic honesty. Academic misconduct for which a student is subject to penalty includes all forms of cheating, such as illicit possession of examinations or examination materials, collusion, forgery, or plagiarism. (Plagiarism is the presentation of the work of another as one’s own). Disciplinary action for academic misconduct is the responsibility of the faculty member assigned to the course. The faculty member is charged with assessing the gravity of any case of academic dishonesty, and with giving sanction to any student involved. See the student catalog for consequences of student misconduct. Penalties that may be applied to individual cases of academic dishonesty include one or more of the following:

1. Written reprimand
2. Requirement to re-do work in question
3. Requirement to submit additional work
4. Lowering of grade on work in question
5. Assigning grade of “F” to work in question
6. Assigning grade of “F” for course
7. Recommendation for more severe punishment

The faculty member involved will be responsible for determining the appropriate penalty or penalties for individual cases of academic dishonesty, and may file a record of such offenses in his classes along with any materials involved to his or her college dean. The office of the academic dean of the college which the offense took place will maintain records of all cases of academic dishonesty reported for a period of not more than two years. Any student who has been penalized for academic dishonesty has the right to appeal the judgment or the penalty assessed. The Appeals Procedure will be the same as that specified for grade appeals. The grade appeals procedure may be found in the University Rules manual at: http://www.tamucc.edu/~pioweb/rules/index.htm”.

C. Assignments are due the day they are scheduled to be due at the time they are scheduled.
D. Cell Phones, Musical Technology, and other Non-class Related Equipment. It is inappropriate to have cell phones active during class and will not be tolerated. Failure to observe this policy will result in being asked to leave the class. If a student is noted using cell phones (e.g. texting), they will be asked to leave and may not return to class until that have come to my office to visit about their refusal to abide by class policy. The student will only be allowed back in the classroom when the professor is confident the student understands the rule and is willing to abide by it. If a student misses information, quizzes, assignments, tests or any other class product while absent due to the cell phone violation they will receive a zero for that product. **The intent of this policy is not to be punitive, but rather to reinforce, in a powerful manner, the importance of professionalism in the classroom and beyond.**

E. Appropriate Classroom Behavior: Professional behavior is expected of all students. Students are expected to be present, prompt, prepared, and focused on the activities of the class. Appropriate questions and discussions are welcome during the class. It is considered inappropriate to be talking when the professor or a recognized student is talking—**RESPECT** and **COURTESY** are expected at all times. Students, who are disruptive, exhibit rude or disrespectful behavior to the professor or other students will be asked to leave the class. Inappropriate course conduct (cursing, disruption, etc.) may result in a reduced final grade or failure of the course.

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>
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<tbody>
<tr>
<td>Week #1</td>
<td>Review Syllabus, Introductions/ If Not You Who?/Taking Action (Chapter 1-2)</td>
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<td>Week #2</td>
<td>Before Giving Care/ The Human Body &amp; Checking the Person (Chapter 3, 4 &amp; 5)</td>
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<td>Week #3</td>
<td>Breathing Emergencies &amp; Cardiac Emergencies (Chapter 6-7)/Adult CPR/Adult Unconscious &amp; Conscious Choking Victim /Exam I (Ch. 1-7)</td>
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<td>Week #4</td>
<td>Skills Check #1 Group #1, #2 &amp; #3</td>
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<td>Week #5</td>
<td>Child &amp; Infant CPR lecture/Skills Group #1 &amp; 2</td>
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<td>Week #6</td>
<td>Child &amp; Infant CPR Skills Group #3/AED Lecture</td>
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<td>Week #7</td>
<td>AED Skills Group Skills #1, 2 &amp; 3</td>
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<td>Week #8</td>
<td>Bleeding &amp; Soft Tissues Injuries (Chapter 8 &amp; 10)/Musculoskeletal, Injuries to Extremities Chapters 11-14</td>
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<td>Week #9</td>
<td>Splinting &amp; Wound Care Skills – Skills Group/Exam II Chapters 8-14</td>
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<td>Week #10</td>
<td>Sudden Illnesses, Poisoning, Bites and Stings (Chapter 15-17) Presentations</td>
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<td>Week #11</td>
<td>Substance Misuse and Abuse (Chapter 18)/Heat/Cold Related Emergencies (Chapter 19)/Pediatric, Older Adult and Special Situations (Chapter 21)</td>
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<tr>
<td>Week #12</td>
<td>Emergency Childbirth (Chapter 22)/EXAM III Chapters 15-22</td>
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<tr>
<td>Week #13</td>
<td><strong>Skills Practical</strong></td>
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<tr>
<td>Week #14</td>
<td><strong>Skills Practical</strong></td>
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<td><strong>Comprehensive Written Final — Friday, Dec. 12th @ 11-1:30pm Chapters 1-22</strong></td>
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X. Textbook

American Red Cross. First Aid: Responding to Emergencies

*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 tests. NO EXCEPTIONS! OPTIONAL: Skills Cards can be purchased at the American Red Cross.

XI. Bibliography

- American Red Cross. First Aid: Responding to Emergencies

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 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.