**Division:** Kinesiology, Health and Sport Studies (KHS)

**Program Area:** Health (HE)

**Course #:** HEA 2330-901

**Course Title:** First Aid & CPR

**Section #:** 25488

**Term/Year:** Winter 2014

**Course Location:** Oakland Center

**Day:** Saturday **Time:** 9:00-12:00pm

**Instructor:** Mona Diegel

**Office Address:**

**Office Hours:** Before/After class by appointment

**Office Phone #:**

**Website:** [www.kinesiology.wayne.edu](http://www.kinesiology.wayne.edu)

**Course Description:** Theory and practice of First Aid and CPR. Students can qualify for national American Red Cross certificates in First Aid and CPR. Material Fee as indicated in the Schedule of Classes.

**Course Outcomes:** At the completion of this course, the student should be able to:

1. Explain how the EMS system works and the citizen responder’s role in the EMS system.
2. Explain what happens in the body if one or more body systems fail to function properly.
3. Identify and care for choking and other breathing emergencies.
4. Identify the major risk factors for cardiovascular disease, and injury, and describe how to control them.
5. Recognize the signals of a possible heart attack, and describe how to care for someone who is experiencing persistent chest pain.
6. Identify the signals of cardiac arrest, and demonstrated how to provide cardiopulmonary resuscitation (CPR) until advanced emergency medical care arrives.
7. Identify life threatening bleeding, and describe how to control bleeding.
8. Identify the signals of shock, and describe how to minimize the effects of shock.
9. Identify the signals of various soft tissue and musculoskeletal injuries, and demonstrate how to care for the injuries.
10. Identify the signals of medical emergencies, including poisoning and heat and cold emergencies; and describe both general and specific care for medical emergencies.
11. Describe when and how to move a victim in an emergency.

12. Identify and recognize basic anatomy and physiology of the human body as it pertains to injuries.

13. Identify ways one may be able to prevent injuries from occurring in and around the home as well as at work or on the road.

14. Identify possible ways to escape from a potentially life-threatening situation, i.e. house fire, hotel fire, etc.

15. Identify and describe how to modify emergency care in delayed situations.

**Required Text:** Responding to Emergencies, Comprehensive First Aid/CPR/AED, American Red Cross Participant Manual, ISBN#: 978-1-5848-554-0

**Additional Materials:** Student Kit AND Bandage Kit (both available in the bookstore)

**Course Assignments:** The final grade will be based on the following scores.

<table>
<thead>
<tr>
<th>Assignment</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>5 quizzes @ 20 pts</td>
<td>100 pts</td>
</tr>
<tr>
<td>2 Presentations @ 50 pts</td>
<td>100 pts</td>
</tr>
<tr>
<td>Midterm Exam</td>
<td>100 pts</td>
</tr>
<tr>
<td>Practical Exams @ 50 pts</td>
<td>100 pts</td>
</tr>
<tr>
<td>Final Exam</td>
<td>200 pts</td>
</tr>
<tr>
<td>Attendance/Participation</td>
<td>100 pts</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td>700 pts</td>
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</table>

**Class Policy**

1. This is a skill based class and you are expected to arrive on time and remain the entire time unless instructed otherwise. Attendance will be taken and severe grade deductions will be administered for violations of the attendance policy.

2. Make-up examinations will be given ONLY in the event of a medical emergency. A doctor’s note will be required. Absence from an exam without a note will result in receiving the grade of “F”.

3. Inappropriate behaviors during class, including talking out of turn, taunting or being disrespectful to others, reading, cell phone/pager interruptions, will not be tolerated. Cell phones, pagers and other electronic devices not yet invented should be turned off whenever class is in session. If you are asked to leave, it is expected that you will do so without further interruption of the class.

4. Assigned readings must be completed prior to each class session. Preparation and participation points are part of your grade and will be affected if students have not read the assigned materials.

5. University grading policies approved by the Board of Governors will be followed.

6. Responsibilities of the students per the University policies are to be followed for this course.

7. Use of cellular phones during class/examinations is STRICTLY PROHIBITED. Pagers must be turned on to SILENT mode for class.

8. Red Cross Certification, expiration dates and renewal policy:
   * **CERTIFICATIONS:** 1) Students must demonstrate competence in the practical skills and earn an A or B in the class to be eligible for certification. AND
   2) Student must pass the written exams with 80% or better, and perform all practical according to objectives as well as score 80% or better on all practical exams.
* CPR and AED is 2 year and First Aid is 2 year certifications.
* **Certifications will be mailed to those students who pass both the written and practical exams.**
* Renewal sessions are offered throughout the year by the university or the American Red Cross

9. Please feel free to talk with me any time during the semester regarding your progress or any problems you may be encountering pertaining to the class.

**Plagiarism:**

Plagiarism includes copying material (any more than 5 consecutive words) from outside texts or presenting outside information as if it were your own by not crediting authors through citations. It can be deliberate or unintended. If you’re in doubt about the use of a source, cite it. Students caught plagiarizing information from other sources will receive a failing grade in the course. University policy states that students can be subject to multiple sanctions, from reprimand to expulsion as a consequence of academic dishonesty. To enforce this policy, all outside references must be submitted with assignments.

**Academic Dishonesty:** In any instance of academic dishonesty occurring in this course, as defined in section 3 of the University Due Process Statute, the provisions of Section 10.1 of the Statute will be implemented as follows:

*The grade for the course will be reduced to an “F.” In addition, charges may be filed, as provided for in Section 10.2 of the Statute, which may lead to further sanctions up to and including expulsion from the College and/or University.*

Academic dishonesty of any type will not be tolerated. (See WSU Student Code of Conduct). Students are responsible for knowing what constitutes academic dishonesty. If there is any question, it is better to ask me for an opinion in advance. Examples of academic dishonesty include, but are not limited to, giving or receiving aid during an exam (i.e. cheating), giving or receiving unauthorized information prior to an exam regarding the content of that exam, stealing a copy of the exam, having another student assist you during an on-line exam, deceiving the professor by representing the work of another as your own, plagiarizing the words or ideas of another person, submitting the same written work to fulfill the requirements of more than one course. Should cases of academic dishonesty be found, I reserve the right to impose the following sanctions:

Assign the student an “F” for the assignment, project, paper, or exam in question.
Assign the student an “F” for the entire course.
Recommend the student be placed on probation or suspended for a period of time.
Recommend that the student be expelled from the university (repeated offenses.)

Anyone with specific questions regarding academic misbehavior should consult the source document at [http://www.doso.wayne.edu/codeofconduct.pdf](http://www.doso.wayne.edu/codeofconduct.pdf) or [http://www.doso.wayne.edu/judicial/academic-integrity.htm](http://www.doso.wayne.edu/judicial/academic-integrity.htm)

**Grading System**

<table>
<thead>
<tr>
<th>Points Range</th>
<th>Grade</th>
<th>Points Range</th>
<th>Grade</th>
</tr>
</thead>
<tbody>
<tr>
<td>658 - 700</td>
<td>A</td>
<td>518 - 538</td>
<td>C</td>
</tr>
<tr>
<td>630 - 657</td>
<td>A-</td>
<td>490 - 517</td>
<td>C-</td>
</tr>
<tr>
<td>609 - 629</td>
<td>B+</td>
<td>469 - 489</td>
<td>D+</td>
</tr>
<tr>
<td>588 - 608</td>
<td>B</td>
<td>448 - 468</td>
<td>D</td>
</tr>
<tr>
<td>560 - 587</td>
<td>B-</td>
<td>420 - 447</td>
<td>D-</td>
</tr>
<tr>
<td>539 - 559</td>
<td>C+</td>
<td>0 - 419</td>
<td>F</td>
</tr>
</tbody>
</table>

**General Note on Grading:** The College of Education faculty members strive to implement assessment measures that reflect a variety of strategies in order to evaluate a student’s performance in a
course. For undergraduates and post-degree students C grades will be awarded for satisfactory work that satisfies all course requirements; B grades will be awarded for very good work, and A grades will be reserved for outstanding performance. Please note that there is a distribution of grades from A-F within the College of Education and that plus and minus grades are recorded and distinguish distinct grade point averages.

**Withdrawal Policy**

Students who withdraw from a course after the end of the 4th week of class will receive a grade of WP, WF, or WN.

- WP will be awarded if the student is passing the course (based on work due to date) at the time the withdrawal is requested
- WF will be awarded if the student is failing the course (based on work due to date) at the time the withdrawal is requested
- WN will be awarded if no materials have been submitted, and so there is no basis for a grade

Students must submit their withdrawal request on-line through Pipeline. The faculty member must approve the withdrawal request before it becomes final, and students should continue to attend class until they receive notification via email that the withdrawal has been approved. **Withdrawals can be requested at any point from the third week of class through the end of the 10th full week of classes. Deadline for course withdrawal is Saturday, March 22, 2014.**

**Attention Students with Disabilities:**

If you have a documented disability that requires accommodations, you will need to register with Student Disability Services (SDS) for coordination of your academic accommodations. The Student Disability Services (SDS) office is located at 1600 David Adamany Undergraduate Library in the Student Academic Success Services department. SDS telephone number is 313-577-1851 or 313-577-3365 (TDD only). Once you have your accommodations in place, I will be glad to meet with you privately during my office hours to discuss your special needs. Student Disability Services’ mission is to assist the university in creating an accessible community where students with disabilities have an equal opportunity to fully participate in their educational experience at Wayne State University.

Please be aware that a delay in getting SDS accommodation letters for the current semester may hinder the availability or facilitation of those accommodations in a timely manner. Therefore, it is in your best interest to get your accommodation letters as early in the semester as possible.

**Religious Observance Policy:**

Because of the extraordinary variety of religious affiliations represented in the University student body and staff, the Wayne State University calendar makes no provision for religious holidays. It is University policy, however, to respect the faith and religious obligations of the individual. Students who find that their classes or examinations involve conflicts with their religious observances are expected to notify their instructors well in advance so that alternative arrangements as suitable as possible may be worked out.
<table>
<thead>
<tr>
<th>Class Schedule:</th>
<th>Prior to Class: Read/Study</th>
</tr>
</thead>
</table>
| **January 11** | Appendix A - A Safer and Healthier Life  
Chapter 21 – Pediatric, Older Adult & Special Situations  
Chapter 1 – If not you…who? |
| **January 18** | Chapters 2, 3, 4  
Chapter 2 – Responding to an Emergency  
Chapter 3 – Before Giving Care  
Chapter 4 – Body Systems |
| **January 25** | Study for Quiz  
Chapters 4, 5, 21  
Quiz Ch. 1-3, 21  
Chapter 4 – The Human Body  
Chapter 5 - Checking the Person (review Ch. 21) |
| **February 1** | Study for Quiz  
Chapter 6  
Quiz Ch. 4-5  
Chapter 6 – Cardiac Emergencies |
| **February 8** | Chapter 7  
Breathing Emergencies  
Assign Presentations |
| **February 15** | Study for Midterm  
Midterm Exam and Practical Exam |
| **February 22** | Chapters 8, 9, 10  
Chapter 8 – Bleeding  
Chapter 9 – Shock  
Chapter 10 – Soft Tissue Injuries |
| **March 1** | Chapters 11, 12, 13, 14  
Chapter 11 - Musculoskeletal Injuries  
Chapter 12 - Injuries to the Extremities  
Chapter 13 – Injuries to the Head, Neck, and Spine  
Chapter 14 – Injuries to the Chest, Abdomen and Pelvis |
| **March 8** | Study for Quiz  
Chapters 15,16,17  
Quiz Ch. 8-14  
Chapter 15 Sudden Illness  
Chapter 16- Poisoning  
Chapter 17 – Bites and Stings |
| **March 15** | Wayne State Spring Break |
| **March 22** | Chapters 18, 19, 20  
Chapter 18 - Substance Misuse and Abuse  
Chapter 19 – Heat/Cold- Related Illnesses/Emergencies  
Chapter 20 Water-Related Emergencies |
| **March 29** | Chapters 23, 22  
Pgs. 33-39  
Quiz Ch. 15-19  
Review pgs. 33-39  
Chapter 23 Disaster, Remote & Wilderness Emergencies  
Chapter 22 Emergency Childbirth |
| **April 5** | Study for Quiz  
Prep for Final  
Quiz Ch. 20, 22-23, Appendix A  
Review Chapters 1-23 |
| **April 12** | Study for Final  
FINAL EXAM and Practical Exam |
| **April 19** | Final Exam & Practical Exam |
| **April 26** | Scheduled Final Exam Date |

**The instructor reserves the right to alter dates & assignments in the syllabi that benefit the courses content. Students will be notified of any changes in class in advance or via blackboard. **