

Glendale College / Health 101 Course Syllabus / Spring 2017

American Red Cross First Aid / CPR / AED

Monday / Wednesday 9:10AM – 10:25AM, March 6 – April 15, Room VGT-6

Instructor: Lee Balkin – Instructor of Health and Physical Education / Lbalkin@glendale.edu

Course Description

In Health 101 – (American Red Cross First Aid/CPR/AED program) you will watch a number of video segments that show specific emergencies. The purpose of this course is to help participants recognize and respond appropriately to cardiac, breathing and first aid emergencies. This course teaches skills that participants need to know to give immediate care to a suddenly ill or injured person until more advanced medical personal arrive and take over. This program offers first aid, CPR, and AED training to meet the various training needs of a diverse audience.

Student Learning Outcomes

Upon successful completion of the required coursework, the student will be able to;

- demonstrate the appropriate skills required to properly perform cardio pulmonary resuscitation (CPR) on infants, children and adults;
- identify injuries and sudden illnesses that require immediate first aid treatment;
- recognize health emergencies

Topics Covered

A. Course overview and introduction	1 hour
1. Legal Aspects of First Aid	
2. Health precautions and guidelines	
B. Emergency action principles	1 hour
1. Check, Call, Care	
2. Prioritizing emergencies	
C. Rescue Breathing	3 hours
1. Signs of Unconsciousness	
2. Positioning	
3. Rescue Breathing Technique	
D. Choking (airway obstruction)	2 hours
1. Conscious victim	
2. Unconscious victim	
E. Cardiac Emergencies	5 hours
1. Heart Attack	
2. Cardiac Chain of Survival	
3. CPR	
4. AED	
F. Sudden illness	2 hour
1. Diabetic Emergencies	
2. Seizure	
3. Stroke	
4. Poisoning	
G. Wounds	2 hours
1. Bleeding Control	
2. Burns	
H. Injuries to Muscles, Bones, and Joints	1 hour
1. Precautions for head, back, neck injuries	
2. Immobilization techniques – splinting	
I. Heat and Cold Emergencies	1 hour
1. Heat Exhaustion and Heat Stroke	
2. Hypothermia and Frostbite	

Methods Of Presentation

The following instructional methodologies may be used in the course:

1. classroom lecture and demonstration;
2. multimedia presentations provided by American Red Cross;
3. practice techniques on mannequins;
4. instructor analysis of student practical techniques.

Evaluation – American Red Cross Certification (Cards)

The requirements for successful course completion and certification are;

- Attend all class sessions and participate in all class activities including skill session and successfully perform all required skills.
- Students must successfully pass three written examinations provided by the American Red Cross with 80% or better to receive CPR and First Aid cards.
- Additional written quizzes will be provided by the instructor.
- American Red Cross CPR AED first aid cards are valid for two years. Students are now responsible for a \$27 fee for the cards. This fee is optional for students.

Essay One personal thought essay on why community first aid is important to you. There is no page limit, however one to two pages is satisfactory. 50 points

Textbooks / Required Materials

American Red Cross First Aid/ CPR/ AED Participant's Manual, by American Red Cross, 2011, 2016.
First aid training kit
Four Scantrons Form #882-E

Class Conduct / Academic Dishonesty Policy

As a student at Glendale College you will behave in such a manner so not to bother students and disrupt the instructor during class. If you fail to act in such a manner, disciplinary action will be taken. Ultimately you may be asked to drop the class.

- College study is the process of becoming an independent scholar. All students are expected to do their own work. All forms of cheating and plagiarism are absolutely forbidden. This is the official policy of Glendale College and the instructor. Students found cheating will receive a 0 on any assignment or test in question. Examples of cheating include;
 - Using unauthorized materials on exams
 - Copying other students exams
 - Submitting any assigned work not the student's own
 - Copying other written materials without proper credit to the original author
 - Purchasing papers

Incidents of academic dishonesty will be reported to the Vice President of Instruction and will become part of the student's Glendale College file,

Students with Disabilities

Any student with disabilities requiring accommodations is responsible for making arrangements in a timely manner through the Center for Students with Disabilities.

