

HLTH 101 Ticket# 3320

FIRST AID

**AMERICAN RED CROSS
FIRST AID/CPR/AED**

1 UNIT

**Monday/ Wednesday 7:35 am – 9:00 am
March 6 – April 15**

INSTRUCTOR: Jon Gold
TITLE: Instructor of Health and Physical Education
OFFICE: Verdugo Gym, Office 223
OFFICE HOURS: Monday/ Wednesday 7:00am – 7:50am/ 9:15am – 10:00am
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Web Sites: BioDigital – Human Visualization Platform
<https://human.biodigital.com/signin.html?signout=1>

Anatomyarcade – Whack-a-Bone
<http://anatomyarcade.com/>

COURSE SYLLABUS

I. Course Description:

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

II. Student Learning Outcomes:

1. Recognize that health emergencies exist.
2. Demonstrate the appropriate skills required to properly perform rescue breathing on children and infant and cardiopulmonary resuscitation on infants, children and adults.
3. Identify injuries and sudden illness that require immediate first aid treatments.

III. Materials (Required)

- First Aid/CPR/AED Participant's Manual with Emergency First Aid Guide, Rev. 7/14
ISBN-13: 978-1584806202 ISBN-10: 1584806206 Edition: 2nd (New Version)
- First Aid Training Kit
- Face Shield
- Latex Gloves

IV. STUDENTS WITH DISABILITIES

All students with disabilities requiring accommodations are responsible for making arrangements in a timely manner through the Center for Students with Disabilities.

V. Behavior

As a student at Glendale Community 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 can be asked to drop the class.

VI. Academic Dishonesty Policy

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 Community College and the instructors of this course. Students found cheating will have their assignments marked 0 for Failure and may receive a failing grade for the course.

Example of cheating includes, but are not limited to, the following:

- Using unauthorized materials on exams
- Copying other student exams
- Submitting any assigned work not the student's own
- Copying other written materials without proper credit to the original author
- Downloading from computer networks
- 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.

VII. Evaluation – American Red Cross Certification (Cards)

- The requirements for successful course completion and certification are –
 - ❖ Attending all 12 class sessions and participating in all activities (on line/ classroom), skill sessions and skill scenarios.
 - ❖ Correctly demonstrating all required skills.
 - ❖ Correctly answering at least 80 percent of the questions on both the American Red Cross exams:
 - Test 1; 10 points (Chapter 1) Correctly answering 8 or higher
 - Test 2; 40 points (Chapters 2-4) Correctly answering 32 or higher
 - Test 3; 15 points (Chapter 5 - 7) Correctly answer 12 or higher
 - You will be required to pass with 80% or better for certification.
- American Red Cross CPR certificate, AED certificate, and First Aid certificates are valid for 2 years. There is an additional cost of \$27 if you want the card. See instructor for more details.

VIII. Glendale College Final Grade

Three Exams:

Test 1 (Chapter 1) Multiple Choice, 10 points

Test 2 (Chapters 2 - 4) multiple choice, 40 points

Test 3 (Chapter 5 – 7) multiple choice and short answers essays, 35 points

Make ups for failure to take an exam on a scheduled date will be at the discretion of the instructor

Quizzes:

You will be required to take 6 quizzes (25 points total + 5 extra credit points). Quizzes will be posted on Blackboard. Quizzes must be completed and submitted by posted date. Quizzes will have time limits. Read instructions carefully before beginning. QUIZZES CANNOT BE MADE UP!!!!!!! Study guides for each chapter must be submitted to instructor before taking tests to receive any credit.

Quiz 1: Chapters 1	5	points (10 questions = .5 pt each)
Quiz 2: Chapters 2	5	points (10 questions = .5 pt each)
Quiz 3: Chapters 3	5	points (10 questions = .5 pt each)
Quiz 4: Chapters 4	5	points (10 questions = .5 pt each)
Quiz 5: Chapters 5	5	points (10 questions = .5 pt each)
Quiz 6: Chapters 6 – 7	5	points (10 questions = .5 pt each)

Classroom and Moodle Participation:

You will be required to be active on Moodle and Participate in class activity.
Participation = 5 points total

IX. GRADING SCALE:

Test 1: 10 pts, Test 2: 40 pts, Test 3: 30 pts, Quizzes: 30 pts, Participation: 5 pts = 100 point

<u>POINTS</u>
120 - 109 = A
108 - 97 = B
96 - 85 = C
84 - 73 = D
72 - 0 = F

COURSE OUTLINE

6 Week Course

Week 1 Mar 6 - 11

Mar. 6 – Monday

First Meeting - Class VGT 6
Orientation
Introduction
Syllabus
Moodle

Homework: Read Chapter 1 – Before giving care

Pages 1 – 22

Mar. 7 - Tuesday

Watch Video–

Part 1 – Before giving care.mp4

- 1. You Can Make a Difference (Adult) (1:48)**
- 2. You Can Make a Difference (Child) (1:41)**

Check, Call, Care

Homework: Review Chapter 1
Review Skill Sheets
Read Chapter 2 – Checking an injured or ill person

Pages 1 -22

Pages 22

Pages 23 - 34

Mar. 8 - Wednesday

Moodle

Access to Quiz 1 Now Available

Chapters 1 Pages 1 – 22
Submit by 11:59pm, Friday, Mar. 10
Study Guide

Mar. 10 - Friday

Quiz 1 Due by 11:59pm

Moodle

Week 2 Mar 13 - 18

Mar. 12 - Sunday

Watch Video–

Part 2 – Checking an Injured or Ill Person

- 1. Check – Call – Care (Adult-Child-Infant) (2:49)**
- 2. Checking a Responsive Person (Adult) (3:46)**
- 3. Checking a Responsive Person (Child) (3:58)**

Mar. 13 – Monday

Practical - Checking an unconscious victim

CPR – Adult, Child, and Infant

Homework: Read Chapter 2 – Checking an injured or ill person Pages 23 - 34

Power Point - Cardio System (You tube)

Bring Face Shield and Gloves to Next Class

TEST 1

Materials: Pencil or Pen
Chapters 1 Pages 1 – 22

Mar. 15 - Wednesday

Practical - CPR Adult, Child, Infant (Bring your Face Shield and Gloves)

Homework: Review Chapter 2 Pages 23 - 34

Review Skill Sheets Pages 30 - 34

Read Chapter 3 – Cardiac Emergencies Pages 35 - 60

Watch Video –

Part 3 – AED.mp4

1. Using an AED (4:45)

Homework: Review Chapter 3 Pages 35 - 60

Review Skill Sheets Pages 53 - 60

Read Chapter 4 – Choking Pages 61 - 74

Bring Face Shield and Gloves to Next Class

Mar. 15 - Wednesday

Access to Quiz 2 Now Available

Moodle

Chapters 2 Pages 23 - 34

Submit by 11:59pm Friday, Mar. 17

Mar. 17 - Friday

Quiz 2 Due by 11:59pm

Moodle

Week 3 Mar. 20 - 25

Mar. 19 – Sunday

**Watch Video–
Heart Attack**

- 1. Signs and symptoms of a heart attack (1:43)**
- 2. The Cardiac Chain of Survival (Adult-Child-Infant) (2:46)**
- 3. Giving CPR (Adult/Child) (2:41)**
- 4. Giving CPR (Infant) (1:56)**
- 5. If The Chest Does Not Rise with Rescue Breaths (1:06)**
- 6. Practice while you watch (Adult/ Child) (2:45)**
- 7. The Heart and Circulatory System – How they work (3:00)**

Mar. 20 - Monday

PRACTICAL TEST

CPR Adult, Child, Infant (Bring your Face Shield and Gloves)

Mar. 21 – Tuesday

Watch Video -

Video - The Heart and Circulatory System - How They Work

Mar. 22 - Wednesday

PRACTICAL TEST

CPR Adult, Child, Infant (Bring your Face Shield and Gloves)

Mar. 22 – Wednesday

Access to Quiz 3 Now Available

Moodle

Chapters 3

Pages 35 - 60

Submit by 11:59pm, Friday, Mar. 24

Mar. 24 - Friday

Quiz 3 Due by 11:59pm

Moodle

Week 4 Mar. 27 – Apr. 1

Mar. 26 - Sunday

Watch Video –

Part 4 – AED and Choking

- 1. AED Basics (1:29)**
- 2. Using an AED (3:02)**
- 3. Recognizing Choking (1:03)**
- 4. Caring for Choking Adult/ Child (1:43)**
- 5. Caring for Choking Infant (1:31)**

Mar. 27 - Monday **Access to Quiz 4 Now Available** Moodle
Chapters 4 Pages 61 - 74
Submit by 7:30am, Wednesday, Mar. 29

Mar. 29 - Wednesday
Practical – Conscious/ Unconscious Choking Adult, Child, and Infant
Practical – Using the AED

Homework: Review Chapter 4 – Choking Pages 61 - 74
Review Skill Sheets Pages 68 - 74
Review Chapters 2 - 4

Mar. 29 - Wednesday **Quiz 4 Due by 7:30am** Moodle

Mar. 29 - Wednesday
TEST 2
Materials: Pencil or Pen
Chapters 2 – 4 Pages 23 – 74

Homework: Review Practical Breathing Emergencies

Week 5 Apr. 3 – 8

Apr 2 - Sunday
Watch Video –
Part 5 – Sudden Illness
1. Asthma Adult, Child and Infant (1:45)
2. Anaphylaxis Adult, Child and Infant (2:47)
3. The FAST Check for Stroke (1:03)

Homework: Review Chapters 2 – 4 Pages 23 – 74
Homework: Read Chapter 5 – Sudden Illness Pages 75 - 92
Read Chapter 6 – Traumatic Injuries Pages 93 – 117
Study Guide

Apr 3 – Monday
Traumatic Injuries

TEST 2
Materials: Pencil or Pen
Chapters 1 – 4 Pages 1 – 70
Turn in Study Guide 1: Chapters 1 – 4 before test

Homework: Read Chapter 5 Pages 75 - 92
Read Chapter 6 Pages 93 - 117
Review Skill Sheets Pages 116-117
Read Chapters 7 – Environmental Injuries/ Illnesses Pages 118 - 140

Apr 4 - Tuesday

Watch Video –

Part 5 – Traumatic Injuries/ Environmental Injuries and Illnesses

- 1. Using Direct Pressure to Control External Bleeding (Adult) (2:45)**
- 2. Using Direct Pressure to Control External Bleeding (Child) (2:43)**
- 3. Using a Commercial Tourniquet (1:21)**
- 4. Concussion (Adult/Child/Infant) (1:40)**

Apr 5 - Wednesday

Chapter 7 – Environmental Injuries/ Illnesses

Practical – Bandaging

Apr. 5 - Wednesday

Access to Quiz 5 Now Available

Moodle

Chapters 5 Pages 75 - 92

Submit by 11:59pm, Friday, Apr 7

Apr 7 - Friday

Quiz 5 Due by 11:59pm

Moodle

Week 6 Apr. 10 - 15

Apr 9 - Sunday

Watch Video –

Part 5 – Traumatic Injuries/ Environmental Injuries and Illnesses

- 1. Burns (Adult/Child/Infant) (2:11)**
- 2. Heat-Related Illnesses (Adult/Child/Infant) (3:26)**

Review: “Rule of Nines”

Apr. 10 - Monday

Access to Quiz 6 Now Available

Moodle

Chapters 7 Pages 117 - 140

Submit by 7:30am, Wednesday, Apr 12

Apr 10- Monday

Bandaging

Splinting

Homework:

Review Chapter 5, 6 and 7

Pages 75 - 140

Apr 10 - Wednesday

Quiz 6 Due by 7:30am

Moodle

Apr. 10 - Wednesday

TEST 3

Materials: Pencil or Pen

Chapters 5 – 7

Pages 75 - 140

Administrative Work

ARC Card ? (\$27)