

# Spring 2017

## HEALTH 101

### FIRST AID

**AMERICAN RED CROSS, FIRST AID/CPR/AED  
FOR SCHOOLS AND THE COMMUNITY**

TICKET # 3323

1 UNIT

VGT -6

DATES: Mar 6-April 14, 2017.

1<sup>st</sup>. SESSION

TIMES: Tuesday and Thursday: 1:40PM - 3:05PM

**JORGE A. MENA** Freitas.

INSTRUCTOR: OF FIRST AID/CPR/AED, PHYSICAL EDUCATION, HEALTH,  
KINESIOLOGY AND ATHLETICS.

WOMEN'S SOCCER HEAD COACH.

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**E-MAIL [jmena@glendale.edu](mailto:jmena@glendale.edu)**

**OFFICE HOURS-Tuesday - Thursday 3:15- 5:15PM.**

FEEL FREE TO TALK TO ME BEFORE AND/OR AFTER CLASS IF YOU HAVE ANY  
QUESTIONS/CONCERNS

Web Sites:

**BioDigital – Human Visualization Platform**

<https://human.biodigital.com/signin.html?signout=1>

**Anatomyarcade – Whack-a-Bone**

<http://anatomyarcade.com/>

**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 health emergencies.**
- 2. Demonstrate the appropriate skills required to perform cardio pulmonary resuscitation (CPR) on infants, child, and adults.**
- 3. Identify injuries and sudden illnesses that require immediate first aid treatments.**

**III. MATERIALS REQUIRED:**

**First Aid/CPR/AED Participant's Manual, by American Red Cross, Staywell, 2011, ISBN: 978-1-58480-665-3**

- Face Shield**
- Latex Gloves**
- First Aid Training Kit: BRING TO CLASS EVERY DAY; it is part of your class participation. Otherwise your points will be deducted.**

**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 of Glendale Community College you will behave in such a manner so not to bother other students and/or disrupt the instructor during class. If you fail to act in the appropriate manner, disciplinary action will be taken. Ultimately you will be reported to the Dean of Student Activities. Finally you can be asked to drop the class.**

**DURING TEST TIME: I do not allow the use of any form of electronic equipment. Turn off your phone and put it away. During TEST TIME, if you take your phone out or use it in any way shape or form you will be asked to leave the class, even if it means that you will miss a test or quiz. This also applies if you leave the class to make or receive a call, text, etc...**

**VI. ACADEMIC DISHONESTY POLICY:**

College study is a process of becoming an independent scholar. All students are expected to do their work. All forms of cheating and plagiarism are absolutely forbidden. **This is the official policy of Glendale Community College and instructors of this course. Students found cheating will have their assignments marked 0 (zero) for FAILURE and may receive a failing grade for the course.**

**Examples of cheating include but are not limited to the following**

**Using unauthorized materials on exams.**

**Using other student's 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.**

**Incident 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 the successful course completion and certification are:**

**Attending all 12 class sessions and participating in all activities, skill sessions, and skill scenarios.**

**Correctly demonstrating all required hand on skills.**

**Correctly answering at least 80 percent of the questions on the American Red Cross exams (you must complete the course with a**

minimum of 80% score, and receive the grade of “A” or “B” as your final grade).

- American Red Cross CPR certificate, AED certificate, and First Aid certificates are valid for 2 years. There is an additional cost of \$27.00 the card. There is a hard copy as well as a digital one. See instructor for more details.

You will need to make out a check to the AMERICAN RED CORSS and bring a stamped, self-address envelop upon successful completion of the course.

**I will mail you the card as soon as I receive it form ARC.**

**VI. Attendance:** Attendance is essential. You will receive 2 point for attending Class on time. If you are late to class you will be credited with 0 point. Attendance will be taken every meeting promptly. It is the student’s responsibility to alert the instructor, AFTER CLASS that he/she attended late. College rules allow an instructor to drop a student for missing two weeks of class (2 class meetings). Each class is equivalent to half of a week.

## **GRADING:**

- Test 1 – 10 POINTS
- Test 2 – 40 POINTS
- Test 3 – 15 POINTS
- Class Attendance ; Participation: -24 POINTS
  
- PRACTICAL Test –CPR Adult, Child, Infant including an AED.
  
- **NO MAKE UPS!!! For exams, quizzes, practicals**

**TOTAL: 89points**

**89-78 points – A**

**77-66 points – B – 80% needed for ERS card(s)**

**65-54 points – C**

**53-42 points –D**

**41-0 points – F**

**NO MAKE UP TESTS. IF YOU MISS A TEST YOU'LL MISS THE NUMBER OF POINTS THAT THE TEST IS WORTH**

**It is your responsibility to drop the class.**

**COURSE OUTLINE**

**“TENTATIVE”**

**6 Week Course:**

**WEEK 1: March 6-12-2017**

**1<sup>st</sup> day:**

**Tuesday: March 7**

**First Meeting: Orientation, Introduction, Syllabus, (Moodle).**

**Homework: Read Chapter 1 – Before giving care Pages 1 – 22.**

Chapter # 1: Before Giving Care, 2

Preparing for Emergencies.....3

Understanding Your Role in the EMS System.....5

Obtaining Consent to Help.....10

Lowering the Risk for Infections.....11

Taking Action: The Emergencies Action Steps.....16

Skill Sheet 1-1: Removing Latex-Free Disposable Gloves.....22

**2nd day:**

**Thursday: March 9**

**Watch Video—**

Chapter # 1: Before Giving Care, 2

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

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

**Homework: Review Chapter 1 Pages 1 -22**

**Review Skill Sheets Pages 22**

**HOMEWORK: READ CHAPTER #2 CHECKING AND INJURED OR ILL PERSON, 23**

Checking an injured or ill person.....23  
Checking a RESPONSIVE Person.....24  
Checking a Person Who Appears to Be UNRESPONSIVE.....28

**Week 2: March 13-19-2017**

**3<sup>rd</sup> day:**

**Tuesday: March 14**

**Watch Video–**

**Chapter # 2: Checking an injured or ill person, 23**

- 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)**

**Practical - 3 C's Adult, Child, Infant (Bring your Face Shield and Gloves) Groups of 2/3**

2-1: Checking a RESPONSIVE Person .....30  
2-2: Checking a Person Who Appears to Be UNRESPONSIVE.....32

**4<sup>th</sup> day:**

**Thursday: March 16-**

**Review SKILL SHEETS: Before Test# 1**

2-1: Checking a RESPONSIVE Person .....30  
2-2: Checking a Person Who Appears to Be UNRESPONSIVE.....32

**TEST #1 on Chapter 1 and 2 pages 2-34, (10 questions) Test materials: Scantron form NO. 882-E and Pencil (No dictionary, no electronic devices)**

**HOMEWORK: READ # 3- CARDIAC EMERGENCIES, 35**

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**3<sup>rd</sup> day of lecture: Giving CPR.**

Chapter # 3, Cardiac Emergencies, 35  
Heart Attack.....36  
Cardiac Arrest.....38  
**Giving CPR.....43**  
Using an AED.....48  
Working as a Team.....51

**Week 3: March 20-26-2017**

**5<sup>th</sup> day:**

**Tuesday: March 21**

Chapter # 3, Cardiac Emergencies, 35: **Power Point 1<sup>st</sup> part**  
Heart Attack.....36  
Cardiac Arrest.....38

**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)**

**6<sup>th</sup> day:**

**Thursday: March 23**

Chapter # 3, Cardiac Emergencies, 35: **Power Point 2nd part.**  
Giving CPR.....43

## Watch Video–

### CPR

1. Giving CPR (Infant) (1:56)
2. Giving CPR (Adult/Child) (2:41)
3. If the Chest Does Not Rise with Rescue Breaths (1:06)
4. Practice while you watch (Adult/ Child) (2:45)

### Continue: REVIEW SKILL SHEETS

- 3-1: Giving CPR to an Adult.....53
- 3-2: Giving CPR to a Child.....55
- 3-3: Giving CPR to an Infant.....57
- 3-4: Using and AED.....59**

Week 4: March 27- April 2, 2017

7<sup>th</sup> day:

Tuesday: March 28

Chapter # 3, Cardiac Emergencies, 35: **Power Point 3rd part.**

Using and AED.....59

## Watch Video–

### AED

1. AED Basics (1:29)
2. Using an AED (Adult-Child-Infant) (3:02)

### REVIEW SKILL SHEETS

3-4: Using and AED.....59

**PRACTICE TEST: CPR Adult, Child, Infant**  
**(Bring your Face Shield and Gloves.)**

**HOMEWORK: READ CHAPTER # 4 CHOCKING 61**

Risk Factors for Chocking.....62

Signs and Symptoms of Chocking.....63

First Aid for Chocking.....63

**8<sup>th</sup> day:**

**Thursday: March 30**

CHAPTER # 4 CHOCKING, 61 **Power Point**

**Watch Video–**

**CHOKING:**

1. Recognizing Choking (Adult/Child/Infant) (1:03)
2. Caring for Choking (Adult/Child) (1:43)
3. Caring for Choking (Infant) (1:31)

**Practical – Responsive/ Unresponsive Choking Adult, Child, and Infant**

**Practical – Using the AED**

**Review Skill Sheets**

4-1: Caring for an Adult Who Is Choking.....68

4-2: Caring for a Child Who Is Choking.....70

4-3: Caring for an Infant Who Is Choking.....72

**STUDY FOR: TEST #2 on Chapter 3and 4 pages 35--72, (40 questions)**

**Week 5: April 3-9, 2017**

**9<sup>th</sup> day:**

**Tuesday: April 4**

**TEST #2 on Chapter 3and 4 pages 35--72, (40 questions) Test materials: Scantron form NO. 882-E and Pencil (No dictionary, no electronic devices)**

**HOMEWORK- READ CHAPTER # 5 SUDDEN ILLNESS, 75-9**

**10<sup>th</sup> day:**

**Thursday: April 6**

CHAPTER # 5, Sudden Illness, 75 **POWER POINTS**

**Watch Video–**

**SUDDEN ILLNESS:**

**1. Recognizing Sudden Illness (8:27)**

**2. Anaphylaxis (Adult) (2:45)**

**3. Asthma (Adult) (1:45)**

**4. The FAST Check for Stroke (1:03)**

**Chapter # 5, Sudden Illness, 75**

**General Approach to Sudden Illness.....76**

**Respiratory Distress.....77**

**Asthma.....78**

**Allergic Reactions and Anaphylaxis.....80**

**Diabetic Emergencies.....83**

**Seizures.....85**

**Fainting.....86**

**Stroke.....87**

**Review Skill Sheets**

**5-1: Assisting with an Asthma Inhaler.....89**

**5-2: Assisting with an Epinephrine Auto Injector.....91**

**HOMEWORK- READ CHAPTER # 6 Traumatic Injuries, 93-117**

**Week 6: April 10-16, 2017**

**11<sup>th</sup> day:**

**Tuesday: April 11**

CHAPTER # 6, Traumatic Injuries, 93 **POWER POINTS**

## Watch Video–

### TRAUMATIC INJUREIS:

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

#### Chapter# 6 Traumatic Injuries, 93

Shock.....	94
Internal Bleeding.....	95
Wound.....	95
Burns.....	103
Muscle, Bone and Joint Injuries.....	106
Head, Neck and Spinal Injuries.....	109
Nose and Mouth Injuries.....	112
Chest Injuries.....	113
Abdominal Injuries.....	114
Pelvic Injuries.....	115

#### Chapter 6 – Wounds, Burns, and Controlling Ext. Bleeding

### Practical – Bandaging

1. Splinting (5:07)

### Practical - Splinting

#### Review Skill Sheets

- 6-1 Using Direct Pressure to Control External Bleeding.....116
- 6-2: Using a Commercial Tourniquet.....117

**12<sup>th</sup> day:**

**Thursday: April 13**

**Last day of class.**

## **FIRST:**

**TEST #3 on chapters 5-6 (15 questions) Materials: Scantron form NO. 882-E and Pencil (No dictionary, no electronic devices)**

**SECOND: EVALUATION – AMERICAN Red Cross Certification (cards)**

**FINAL PRACTICE TEST: CPR Adult, Child, Infant (Bring your Face Shield and Gloves.)**

**FINAL Practical – Bandaging**

**VIII. EVALUATION – AMERICAN Red Cross Certification (cards)**

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## **THIRD:**

**Administrative Work, grades, (check \$27.00 and self- stamp envelope for ARC cards. **End of course****

