

SAM HOUSTON STATE UNIVERSITY  
Department of Health and Kinesiology

COURSE: HED 230/KIN 230  
American Red Cross: CPR, Standard First Aid, AED Training,  
and Responding to Emergencies

INSTRUCTORS: Charlotte Collier

OFFICE HOURS: By Appointment

TEXT: First Aid, CPR, AED Program Participant Manual  
ARC First Aid: Responding to Emergencies, ARC  
4<sup>TH</sup> Edition REVISED 2007

COURSE RATIONALE

To provide information and knowledge of standard/advanced first aid skills and cardiopulmonary resuscitation.

COURSE OBJECTIVES

The course is designed to provide students with a thorough knowledge and practical application of the skills needed in the event of a life-threatening emergency. Upon completion of the course, the student will be able to:

1. Develop functional capabilities to act in an emergency situation resulting from illness or injury.
2. Improve personal judgments involving quick decision making.
3. Increase safety awareness and knowledge.
4. Render aid in accordance with standard and advanced first aid.
5. Perform practical skills in the areas of:
  - a. CPR
  - b. Conscious choking
  - c. Unconscious choking
  - d. Applying and removing latex gloves
  - e. AED use
  - f. Bandaging
  - g. Splinting
  - h. Treatment of injuries
6. Become certified in CPR, SFA, Responding to Emergencies, and AED Training.

COURSE CONTENT

1. Introduction to First Aid
2. Body Systems
3. Breathing Emergencies
4. Cardiac Emergencies

5. Bleeding
6. Injuries
7. Medical Emergencies
8. Special Situations

COURSE REQUIREMENTS

1. Each student will be required to complete three (3) exams (including the final). Each objective exam is worth 100 points.
2. Each student will be required to pass three (3) practical exams. The practical exams include the following skill areas: CPR (50 pts); secondary survey and control of bleeding (25 pts); and bandaging and extrication (25 pts).
3. Each student will be required to take 5 quizzes.
4. Each student will complete a group project in the instruction of the course content .

ARC CERTIFICATION REQUIREMENTS

1. Students must maintain an exam average of **80%** on all exams.
2. Students must pass CPR and SFA practical exams.
3. Students must not miss more than **2 class days**.

COURSE EVALUATION

Your final grade will be determined by the number of points you earn as described in the following section.

The grading scale is as follows:

Exams (3 X 100 points)	300	400-500 = A
Quizzes (4 x 25 points)	100	300 -399 = B
Group Project	<u>100</u>	200-299 = C
TOTAL POINTS	500	100-299 = D
		BELOW 100 = F

ATTENDANCE POLICY:

1. In order to get certified you can miss no more than 2 class day
2. More than 2 absences will affect your grade in the following manner:
  - a. 3 unexcused absences = reduction of final grade by one letter
  - b. 4 unexcused absences = reduction of final grade by two letters
  - c. 5 unexcused absences = reduction of final grade by three letters
  - d. 6 unexcused absences = failure

STUDENT GUIDELINES:

- Wear appropriate clothing. We will be on the floor so be prepared to be on your knees etc.
- Remove nose, ear, lip and other body piercings while working with mannequins
- Refrain from chewing gum/eating in class while working with mannequins
- Remove lipstick or lip-gloss before practicing on mannequins
- Bring textbook to class everyday

- Wear hair away from face when practicing on mannequins
- Turn off cell phones at all times.
- Show up before roll has been called. If the student is not present when roll is called, it will count as an unexcused absence.
- Show up before the quiz has been handed out.
- Assist in set-up and removal of equipment. If student does not show respect and is helpful the teacher has the right to determine the consequences

**Academic Dishonesty:** Students are expected to maintain honesty and integrity in the academic experiences both in and out of the classroom. *See Student Syllabus Guidelines.*

**Classroom Rules of Conduct:** Students are expected to assist in maintaining a classroom environment that is conducive to learning. Students are to treat faculty and students with respect. Students are to turn off all cell phones while in the classroom. Under no circumstances are cell phones or any electronic devices to be used or seen during times of examination. Students may tape record lectures provided they do not disturb other students in the process.

**Student Absences on Religious Holy Days:** Students are allowed to miss class and other required activities, including examinations, for the observance of a religious holy day, including travel for that purpose. Students remain responsible for all work. *See Student Syllabus Guidelines.*

**Students with Disabilities Policy:** It is the policy of Sam Houston State University that individuals otherwise qualified shall not be excluded, solely by reason of their disability, from participation in any academic program of the university. Further, they shall not be denied the benefits of these programs nor shall they be subjected to discrimination. Students with disabilities that might affect their academic performance should visit with the Office of Services for Students with Disabilities located in the Counseling Center. *See Student Syllabus Guidelines.*

**Visitors in the Classroom:** Only registered students may attend class. Exceptions can be made on a case-by-case basis by the professor. In all cases, visitors must not present a disruption to the class by their attendance. Students wishing to audit a class must apply to do so through the Registrar's Office.