HCC
HOUSTON COMMUNITY COLLEGE

Department: Physical Education and Health

First Aid
Fall 2014 – 1st 8 wks
PHED 1306 CRN# 29098

Instructor:	Stacie Ringleb-Krutilek
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Office location and hours:	Stafford Campus, Learning Hub, by appointment only
Course location/Times:	Online – Eagle 2.0
Course semester credit hours:	3 Semester Credit hours
Course contact hours:	48 Contact Hours
Course length:	16 weeks/12 weeks/8 weeks/5 weeks
Instruction type:	In-person/face to face/Online/Hybrid
Course Prerequisites:	EDUC 1300, ENGL 0310 or 0349

Course Description:
The purpose of the American Red Cross CPR and First-Aid course is to train citizens to help people in emergencies. This course teaches the Standard First Aid and CPR skills a person needs to act as the first link in the emergency medical services system. <Not Professional Rescuer>

Instructional Material: Responding to Emergencies, American Red Cross, Staywell Publications (1-800-667-2968) ISBN # 978-158480-554-0

Program SLO's:	1. Students will perform physical skills to improve and enhance cardio-respiratory, strength, endurance, flexibility, and/or balance as measured with a departmental field exam. 2. Students will develop broad content knowledge within the discipline of health/physical education associated with good health management, health risks and/or disease prevention. 3. Students will demonstrate an understanding of basic safety/emergency procedures.
Course SLO's:	1. Demonstrate CPR techniques on Adult, Child, and Infant 2. Demonstrate Rescue Breathing techniques on Child and Infant 3. Demonstrate Clearing Obstructed Airways for Adult, Child, and Infant 4. Demonstrate appropriate techniques for Sudden Illness
Learning Objectives:	**Demonstrate CPR techniques on Adult, Child, and Infant**

	1. Have an understanding of all Basic Life Support Procedures and learn the process of giving CPR for Adult, Child, and Infant **Demonstrate Rescue Breathing techniques on Child and Infant** 1. Learn the process of giving Rescue Breaths to child and infant **Demonstrate Clearing Obstructed Airways for Adult, Child, and Infant** 1. Learn when an Airway is obstructed and understand the process of clearing an obstructed airway for Adult, Child, and Infant **Demonstrate appropriate techniques for Sudden Illness** 1. Have an understanding of what a Sudden Illness is and how to care for the Illness
Student Assignments:	**Demonstrate CPR techniques on Adult, Child, and Infant** Discussions Lab Exercises Homework Exercises Readings **Demonstrate Rescue Breathing techniques on Child and Infant** Discussions Lab Exercises Homework Exercises Readings **Demonstrate Clearing Obstructed Airways for Adult, Child, and Infant** Discussions Lab Exercises Homework Exercises Readings **Demonstrate appropriate techniques for Sudden Illness** Discussions Lab Exercises Homework Exercises Readings
Student Assessments:	**Demonstrate CPR techniques on Adult, Child, and Infant** Various assigned readings from textbooks Reading and then writing about seminal texts and theories Quizzes/Tests which may include: definitions, matching, multiple choice, true/false, short answer, brief essay Discipline Required SLO-Specific Standard Form Rubrics **Demonstrate Rescue Breathing techniques on Child and Infant** Various assigned readings from textbooks Reading and then writing about seminal texts and theories Quizzes/Tests which may include: definitions, matching, multiple choice, true/false, short answer, brief essay Discipline Required SLO-Specific Standard Form Rubrics **Demonstrate Clearing Obstructed Airways for Adult, Child, and Infant** Various assigned readings from textbooks Reading and then writing about seminal texts and theories Quizzes/Tests which may include: definitions, matching, multiple choice, true/false, short answer, brief essay Discipline Required SLO-Specific Standard Form Rubrics **Demonstrate appropriate techniques for Sudden Illness** Various assigned readings from textbooks Reading and then writing about seminal texts and theories Quizzes/Tests which may include: definitions, matching, multiple choice, true/false, short answer, brief essay

	Discipline Required SLO-Specific Standard Form Rubrics
Core Curriculum Competencies:	Given the rapid evolution of necessary knowledge and skills and the need to take into account global, national, state, and local cultures, the core curriculum must ensure that students will develop the essential knowledge and skills they need to be successful in college, in a career, in their communities, and in life. Through the Texas Core Curriculum, students will gain a foundation of knowledge of human cultures and the physical and natural world, develop principles of personal and social responsibility for living in a diverse world, and advance intellectual and practical skills that are essential for all learning. Students enrolled in this core curriculum course will complete several essays, including at least one oral presentation, designed to cultivate the following core objectives: •**Critical Thinking Skills** --to include creative thinking, innovation, inquiry, and analysis, evaluation and synthesis of information •**Communication Skills** -- to include effective development, interpretation and expression of ideas through written, oral and visual communication •**Quantitative and Empirical** - -to include the manipulation and analysis of numerical data or observable facts resulting in informed conclusions •**Social Responsibility**- -to include intercultural competence, knowledge of civic responsibility, and the ability to engage effectively in regional, national, and global communities Student proficiency in Communication and Critical Thinking skills will be assessed through written, oral and manual demonstration of skills needed for an emergency situation. Student proficiency in Quantitative and Empirical Literacy will be assessed through a series of essay questions. Social Responsibility will be assessed by a 500 word reflection paper about their civic responsibilities.
HCC Grading Scale:	A = 100- 90 — 4 points per semester hour B = 89 - 80: — 3 points per semester hour C = 79 - 70: — 2 points per semester hour D = 69 - 60: — 1 point per semester hour 59 and below = F — 0 points per semester hour FX (Failure due to non-attendance) — 0 points per semester hour IP (In Progress) — 0 points per semester hour W (Withdrawn) — 0 points per semester hour I (Incomplete) — 0 points per semester hour AUD (Audit) — 0 points per semester hour IP (In Progress) is given only in certain developmental courses. The student must re-enroll to receive credit. COM (Completed) is given in non-credit and continuing education courses. FINAL GRADE OF FX: Students who stop attending class and do not withdraw themselves prior to the withdrawal deadline may either be dropped by their professor for excessive absences or be assigned the final grade of "FX" at the end of the semester. Students who stop attending classes will receive a grade of "FX", compared to an earned

	grade of "F" which is due to poor performance. Logging into a DE course without active participation is seen as non-attending. Please note that HCC will not disperse financial aid funding for students who have never attended class. Students who receive financial aid but fail to attend class will be reported to the Department of Education and may have to pay back their aid. A grade of "FX" is treated exactly the same as a grade of "F" in terms of GPA, probation, suspension, and satisfactory academic progress. To compute grade point average (GPA), divide the total grade points by the total number of semester hours attempted. The grades "IP," "COM" and "I" do not affect GPA. *Health Sciences Programs Grading Scales may differ from the approved HCC Grading Scale. For Health Sciences Programs Grading Scales, see the "Program Discipline Requirements" section of the Program's syllabi.*
PHED Attendance Policy:	As stated in the HCC Catalog, all students are expected to attend classes regularly. Although it is the responsibility of the student to drop a course for non-attendance, the instructor also has the authority to drop a student for excessive absences or failure to participate regularly. According to HCCS Policy (see catalog schedule), a student may be dropped from the course for excessive absences after the student has accumulated absences in excess of **12.5%** of the hours of instruction. (6 hours in a 48-hour course)
Program Requirements:	*CPR requires strenuous effort. If a person has any concerns about how this may affect their health, they should consult a physician before coming to class.* *Students are expected to maintain a state of technical compliance, including (but not limited to): up-to-date software as required by the instructor; a stable Internet connection; and use of the Firefox browser when using Eagle Online. The instructor is NOT required to give consideration for lost/missing/unacceptable work stemming from technical non-compliance and/or end-user technical issues.*
Instructor's Requirements:	**Turn off pagers, Phones, No Cameras/Recording Devices:** Student should turn off pagers and cell phones before entering class; ringing, buzzing, and other forms of disturbances (electronic or otherwise) is not good for the class. Your full and active attention is required throughout the class period. Use of recording devices, including camera phones and tape recorders, is prohibited in classrooms, laboratories, faculty offices, and other locations where instruction, tutoring, or testing occurs. Students with disabilities who need to use a recording device as a reasonable accommodation should contact the Office of Students with Disabilities for information regarding reasonable accommodations.
Instructor Grading Criteria:	**Grading:** *<No make-ups/No late assignments accepted>*

	Skills Test 100 points Exam #1 50 points Exam #2 100 points Exam #3 100 points Exam #4 100 points Exam #5 100 points Exam #6 100 points Mid-Term Exam 100 points Final Exam 100 points Written Skills Exam 50 points Quantitative/Empirical Essay 50 points Social Responsibility Essay 50 points **Total of 1000 points:** 1000-900 = A 899-800 = B 799-700 = C 699-600 = D below 599 = F **Skills Test and Written Skills Exam:** All students will be presented with an emergency scenario in which they will orally and manually perform skills needed for the scenario presented. During the skills assessment, the students will need to be able to verbalize and perform the proper skills based on the scenario. Written communication will be assessed through a short assignment of 500 words. This assignment deals with the steps of evaluating an unconscious or conscious victim and providing the appropriate care. Communication and Critical Thinking will cumulatively be valued at 15% of the final course grade. **Quantitative/Empirical Essay:** Students will answer a series of essay questions presented to them. Essay questions will require students to draw conclusions bases on systematic analysis of the data provided. Quantitative and Empirical Literacy will be valued at 5% of the final course grade. **Social Responsibility Essay:** In culmination of the semester, students will write a 500 word reflection essay about their civic responsibility to help others within their community. Social Responsibility will be valued at 5% of the final course grade. **Make Up Policy:** The tests – skills and written - will cover all material covered in the course. This includes handouts, lectures, demonstrations, and discussions. ***No make ups or extra credit will be given.*** Failing to take an exam will result in a "0" for the grade. This also pertains to the Skills Test Days. **CPR/First-Aid Certificates:** *Successful completion of 80% or greater on all tests is required to obtain certification. Certification Certificates are available upon request and for a small fee.*
EGLS3 -- Evaluation for Greater Learning	At Houston Community College, professors believe that thoughtful student feedback is necessary to improve teaching and learning. During

Student Survey System	a designated time, you will be asked to answer a short online survey of research-based questions related to instruction. The anonymous results of the survey will be made available to your professors and division chairs for continual improvement of instruction. Look for the survey as part of the Houston Community College Student System online near the end of the term.

Access Student Services Policies on their Web site:	http://hccs.edu/student-rights
Access DE Policies on their Web site:	http://de.hccs.edu/Distance_Ed/DE_Home/faculty_resources/PDFs/DE_Syllabus.pdf
Access CE Policies on their Web site:	http://hccs.edu/CE-student-guidelines

Physical Education and Health Mission Statement:	The mission of the Physical Education/Health Department is to provide students with the sound principles for creating and maintaining a healthy lifestyle. We find new ways to meet the diverse educational needs of our growing student population. This is accomplished by providing a variety of activity and lecture based classes. Our goals include: *Presenting scientifically based, accurate information and activities. *Involving students in taking responsibility for their health and well-being. *Instilling a sense of competence and personal power in students. *Providing venues for various forms of muscular and cardiovascular exercise to improve our student's health and well-being.