**ESSEX COUNTY COLLEGE**

**Social Sciences Division**

**PHE 115 – First Aid and Safety**

**Course Outline**

**Course Number & Name:**  PHE 115 First Aid and Safety

**Credit Hours:**  2.0 **Contact Hours:**  2.0 **Lecture:** 2.0 **Lab:**  N/A **Other:**  N/A

**Prerequisites**:  Grade of “C” or better in ENG 096 or placement

**Co-requisites:** None **Concurrent Courses:** None

**Course Outline Revision Date:**  Spring 2011

**Course Description**: An introduction to preventive measures and first aid practices and procedures in case of accidents or illness. Principles and procedures essential to effective safety education are emphasized. The course follows the current American Red Cross guidelines leading to certification. Students will demonstrate techniques and skills on fellow classmates and manikins. This course is required of all physical education majors and special attention is given to gymnasium and playgroup situations.

**Course Goals:** Upon successful completion of this course, students should be able to do the following:

1. demonstrate knowledge of standards first aid practices and skills;

2.    demonstrate administering CPR to someone in need;

3. assess and treat wounds; and

4. demonstrate the Heimlich maneuver.

**Measurable Course Performance Objectives (MPOs)**: Upon successful completion of this course, students should specifically be able to do the following:

1. Demonstrate knowledge of standards first aid practices and skills:

* 1. *make an effective emergency phone call;*
  2. *discuss the values of first aid training;* and
  3. *demonstrate the administration of first aid as needed*

2. Demonstrate administering CPR to someone in need:

2.1 *survey the scene;*

2.2 *shake the ‘victim’;*

2.3 *look and listen for breathing;*

2.4 *give two breaths*;

2.5 *take the pulse*;

2.6 *make an effective emergency phone call;*

2.7 *give 30 compressions to the heart;* and

2.8 *repeat the 2 breaths-30 compressions procedure and check the pulse continuing as necessary*

**Measurable Course Performance Objectives (MPOs)** (continued):

3. Assess and treat wounds:

3.1 *identify and treat abrasions;*

3.2 *identify and treat incised wounds;*

3.3 *identify and treat lacerations;*

3.4 *identify and treat avulsions;* and

3.5 *identify and treat puncture wounds*

4. Demonstrate the Heimlich maneuver:

* 1. *identify oneself to the ‘victim’;*
  2. *stand behind the victim and locate the diaphragm;*
  3. *place one’s fist in the diaphragm;* and
  4. *give upward thrusts to the diaphragm repeating as necessary*

**Methods of Instruction**: Instruction will consist of a combination of lecture, class discussions, and practical skills.

**Outcomes Assessment:** Exam questions are blueprinted to course objectives. Checklist rubrics are used to evaluate skill tests for the presence and mastery of course objectives. Data is collected and analyzed to determine the level of student performance on these assessment instruments in regards to meeting course objectives. The results of this data analysis are used to guide necessary pedagogical and/or curricular revisions.

**Course Requirements:** All students are required to:

1. Attend all classes on time and actively participate in class discussions and activities.

2. Possess the required textbook.

3. Take all exams as scheduled.

4. Take all skill tests as scheduled.

**Methods of Evaluation:** Final course grades will be computed as follows:

**% of**

**Grading Components final course grade**

* **Attendance, Class Participation & Textbook Possession MUST be satisfactory**

Students need to attend and participate in class to benefit from the guidance of the instructor and to observe necessary demonstrations. To fully participate in class, students must possess the current edition of the required textbook.

* **Skill Tests & Discretionary Quizzes** MUST be satisfactory

Skill tests and discretionary quizzes may be given on a regular basis throughout the semester to reinforce student mastery of course objectives. Outstanding performance on quizzes may be counted at the instructor’s discretion to improve the student’s final course grade.

* Midterm Exam 50%

The midterm exam will provide evidence of student mastery of course objectives and synthesis of concepts covered in the first half of the semester.

* **Final Exam**  **50%**

The final exam will provide evidence of student mastery of course objectives and synthesis of concepts covered in the second half of the semester.

Note: Attendance, class participation, textbook possession, lab assignments, discretionary quizzes (if applicable) and examinations must ALL be completed in a satisfactory manner in order to pass this course. This means that failure of any one of the course grading components constitutes failure of the whole course.

**Academic Integrity:** Dishonesty disrupts the search for truth that is inherent in the learning process and so devalues the purpose and the mission of the College. Academic dishonesty includes, but is not limited to, the following:

* plagiarism – the failure to acknowledge another writer’s words or ideas or to give proper credit to sources of information;
* cheating – knowingly obtaining or giving unauthorized information on any test/exam or any other academic assignment;
* interference – any interruption of the academic process that prevents others from the proper engagement in learning or teaching; and
* fraud – any act or instance of willful deceit or trickery.

Violations of academic integrity will be dealt with by imposing appropriate sanctions. Sanctions for acts of academic dishonesty could include the resubmission of an assignment, failure of the test/exam, failure in the course, probation, suspension from the College, and even expulsion from the College.

**Student Code of Conduct:** All students are expected to conduct themselves as responsible and considerate adults who respect the rights of others. Disruptive behavior will not be tolerated. All students are also expected to attend and be on time for all class meetings. No cell phones or similar electronic devices are permitted in class. Please refer to the Essex County College student handbook, *Lifeline*, for more specific information about the College’s Code of Conduct and attendance requirements.

**Course Content Outline:** based on the text **American Red Cross First Aid**; published by the American Red Cross. The weekly schedule below is given as a guideline, but may change at the discretion of the instructor. Reading assignments follow the order the subject matter is covered in class.

**Week Topics**

1 Introduction and Review of Class Syllabus

Recognizing emergencies; deciding to act; being prepared; preparing for emergencies

2 Taking action: emergency action steps

Check; call; care; first aid challenge

Safety philosophy

3 Checking the victim

Unconscious victim; conscious victim; when seconds count; adult life-threatening emergencies; choking; person not breathing; if air does not go in

4 The heart of the matter

Signals of heart problems; in case of a heart attack; when the heart stops; prevention of heart disease

5 When seconds count: children in life-threatening emergencies

Breathing emergencies; recognizing breathing emergencies; caring for children with breathing emergencies; if a child has trouble breathing; choking; not breathing; if air does not go in; no pulse

6 Caring for infants with breathing emergencies

Gym and playground safety

7 Injuries

Causes; reducing risks

8 Cuts, scrapes, and bruises

Dressings and bandages; care for soft tissue injury; shock; special situations

**Midterm Exam**

9 – 11 Practical demonstrations; skill work and **skill testing** on all forms of breathing and CPR skills

12 Burns

Care for burns; special kinds of burns; heat stroke; heat exhaustion; frost bite

13 Injuries to muscles, bones, and joints

Poisoning

14 Review for Final Exam

15 **Final Exam** and practical **Skill Tests**