Web Syllabus

Course Number: HS 107 Credits: 1

Course Title: CPR/First Aid

Catalog Description:
This course is designed to prepare individuals to respond to injuries and sudden illnesses that may arise in everyday life. It is designed to give individuals the knowledge and skills to prevent, recognize, and provide basic care for injuries and sudden illness until medical personnel arrive and take over.

Required Textbooks for This Course: None

Method of Evaluation/Grades for the Program:

1. There will be quizzes during this course which will determine your grade. The quizzes are as follows:
   - Part I – 20 point quiz
   - Part II – 9 point quiz
   - Part III – 11 point quiz
   - Matching at the end – 20 points

   The instructor reserves the right to add assignments as needed.

2. The grading scale is:
   - A = 90 - 100%
   - B = 80 – 89%
   - C = 70 – 79%
   - D = 60 – 69%
   - F = 59% - Below

Due Dates for Assignments and Tests: Homework assignments are due on the specified dates. The course is broken up into units. The units are due weekly.

Late Assignment Policy for the Program: Assignments turned in after the due date will receive an automatic 20% point deduction. Late assignments will only be accepted up to 3 days past the due date. Assignments turned in after will not be accepted.

Services For Students With Disabilities: Students, with either a permanent or temporary disability, who require accommodation for more than one week should request services by contacting the Student Services Office. Students requesting accommodations
must present written documentation from a certified professional, which should include a statement identifying the disability as well as recommendations for accommodations. Contact, at least one month in advance, the Dean of Instructional Services at (785) 738-2276 to make requests for accommodations.

Policy Regarding Academic Dishonesty: Academic dishonesty of any kind will not be tolerated while attending North Central Kansas Technical College. The examples of academic dishonesty are plagiarism, cheating, falsification or forgery of any assignments or examinations. Any student who participates in any form of academic dishonesty must accept the consequences of their actions. These consequences may include but are not limited to the following (a) verbal or written warning, (b) lowering of grade for assignment/activity, (d) failure of class assignment or exam.

Course Objectives:

The student will:

1. Demonstrate cardiopulmonary resuscitation for one-person rescue, two-person rescue, infants, children, and obstructed-airway victims.
2. Describe first aid for bleeding wounds.
3. Describe first aid for shock.
4. Describe first aid for poisoning.
5. Describe first aid for burns.
6. Describe first aid for heat exposure.
7. Describe first aid for cold exposure.
8. Describe first aid for bone and joint injuries, including fractures.
9. Describe first aid for specific injuries to the eyes, head, nose, ears, chest, abdomen, and genital organs.
10. Describe first aid for sudden illness including heart attack, stroke, fainting, convulsions, and diabetic reactions.

Content Outline:

I. CPR/AED (4 contact hours) – arrange through local EMS

II. First Aid Part 1
   a. Definition
      i. Think first
      ii. What is your first step?
      iii. Scene survey
      iv. Patient assessment
      v. Basic steps in providing first aid
   b. Bleeding Control
      i. Types of wounds
      ii. Controlling bleeding (severe bleeding)
      iii. Minor wounds
   c. Shock
      i. Causes
      ii. Signs & symptoms
iii. Treatment
d. Poisoning
   i. Swallowed
   ii. Inhalation of dangerous gases
   iii. Chemicals or poisons in contact with skin
   iv. Insect bite, sting, or snake bite
e. Burns
   i. First degree
   ii. Second degree
   iii. Third degree
   iv. First aid treatment
   v. Chemical splashing
      1. eye burns

III. First Aid Part II
a. Heat Exposure
   i. Heat cramps
   ii. Heat exhaustion
   iii. Heat stroke
b. Cold Exposure
   i. Hypothermia
   ii. Frostbite
c. Bone & Joint Injuries
   i. Fracture
   ii. Dislocation
   iii. Sprain
   iv. Strain
   v. Splints
   vi. Splints
d. Eye Injury
e. Ear Injury
f. Head or Skull Injury
g. Nose Injury
h. Tooth Loss

IV. First Aid Part III
a. Chest Injury
   i. Sucking Chest Wound
   ii. Penetrating Chest Injury
   iii. Crushing Chest Injury
b. Abdominal Injury
c. Genital Injury
d. Sudden Illness
   i. Heart Attack
   ii. Stroke (Cerebrovascular accident)
   iii. Fainting
   iv. Convulsion
   v. Diabetes
      1. Diabetic Coma
2. Insulin Shock
   vi. Bandages
   vii. Anaphylaxis

Adopted 03.11