

Course Syllabus

Department: Physical Education and Integrated Health Care

Date: July 2012

I. Course Prefix and Number: PE 215

Course Name: Standard First Aid

Credit Hours and Contact Hours: 1 credit hour, 2 contact hours

Catalog Description including pre- and co-requisites: This course teaches the basic First Aid skills in compliance with Emergency Cardiovascular Care (ECC) standards covering immediate care procedures for injuries and common illness. After successful completion of this course students are eligible to take a practical exam resulting in a certificate valid for two (2) years in National Safety Council Standard First Aid. This course does not meet the PE 214 requirement and a student cannot receive credit for taking both PE 214 and PE 215.

Relationship to Academic Programs and Curriculum including SUNY Gen Ed designation if applicable:

This is a First Aid extension of the existing three credit Advanced First Aid CPR & AED course. This course parallels the First Aid module and is designed to offer the student a one credit option. This course does not meet the PE 214 requirement and a student cannot receive credit for taking both PE 214 and PE 215.

II. Course Student Learning Outcomes:

The student will:

1. Describe the skills necessary to provide basic first aid for injuries and sudden illnesses in a safe and confident manner with limited resources according to standards published by the National Safety Council and current ECC standards.
2. Evaluate and problem solve specific injuries and illnesses and then will implement a plan after analyzing and interpreting various situations.
3. Identify basic first aid training techniques and will be expected to write a course of action and also demonstrate the action plan.

College Learning Outcomes Addressed by the Course:

- | | |
|---|---|
| <input type="checkbox"/> writing | <input type="checkbox"/> computer literacy |
| <input type="checkbox"/> oral communications | <input checked="" type="checkbox"/> ethics/values |
| <input checked="" type="checkbox"/> reading | <input checked="" type="checkbox"/> citizenship |
| <input type="checkbox"/> mathematics | <input type="checkbox"/> global concerns |
| <input checked="" type="checkbox"/> critical thinking | <input checked="" type="checkbox"/> information resources |

III. Assessment Measures (Summarize how the college and student learning outcomes will be assessed): *For each identified outcome checked, please provide the specific assessment measure.*

List identified College Learning Outcomes(s)	Specific assessment measure(s)
Reading	Students will read descriptions, procedures and clinical facts about a variety of illnesses and injuries. They will then be challenged to remember which signs or symptoms identify specific conditions, and asked to remember the correct steps for assisting individuals suffering from various illnesses or injuries by completing progressive scenarios and answering quiz questions as they move on through the course.
Critical Thinking	Each student will be challenged to analyze a wide variety of situational triggers as well as sorting out information from a standard set of questions posed every victim. The combination of this input will teach the students to make critical decisions about potential threats to life and how to help alleviate each specific threat. These processes are tested with quiz questions and scenarios provided for each chapter.
Ethics/Values	The student will learn about the wide variety of choices they have to make when faced with potentially life-threatening situations without warning and often in unfamiliar surroundings. Faced with issues of ethnicity, economics, threats to personal safety, and morals, students will receive a new foundation upon which to make these decisions, which are woven through the quizzes and scenarios.
Citizenship	The student will learn about the value of being a proactive member of society and many of the decisions made throughout the assessments reflect on this commitment.
Information Resources	Students will use a textbook, videos, and course-related information to assemble their answers to all questions or scenarios.

IV. Instructional Materials and Methods

Types of Course Materials: Text: First Aid, CPR & AED Workbook (Guide and DVD), National Safety Council ISBN 978-87912-3031.

Methods of Instruction (e.g. Lecture, Lab, Seminar ...):

- A. Lecture
- B. Demonstration
- C. Audio Visual Aids
- D. Active Participation

V. General Outline of Topics Covered:

1. Acting in an emergency
2. Preventing disease transmission
3. Checking the victim for life-threatening conditions
4. Placing a victim in the recovery position
5. Identify and give first aid for choking
6. Identify signs and symptoms of heart attack and chest pain
7. Give First Aid for bleeding and wound care
8. Identify signs and symptoms of shock and provide care
9. Give First Aid for burns of a variety of sources
10. Identify and give First Aid for serious injuries
11. Identify and make decisions about bone, joint and muscle injuries
12. Identify a great variety of sudden illness and provide proper care
13. Identify allergic reactions and assist with appropriate care
14. Identify poisoning and initiate proper First Aid
15. Identify and manage victims of cold and heat emergencies
16. Learn basic techniques of rescuing and moving victims

7/12