

Dakota College at Bottineau Course Syllabus

Course Prefix/Number/Title: HPER 210 First Aid and CPR/AED

Number of credits: 1

Course Description:

First aid basics, CPR and AED instruction with hands-on practice in accordance with the American Heart Association guidelines.

Pre-/Co-requisites: None

Course Objectives:

Goal:

Facilitate student learning about first aid, CPR, and AED use to encourage student utilization of first aid and/or CPR/AED as needed.

Objectives:

At the end of the course, the student will be able to:

- Describe the importance of maintaining one's mental health and the resources available on campus
- Understand the role of Title IX and BIT
- Identify the priorities, roles, and responsibilities of first aid rescuers
- Describe the key steps in first aid care
- Demonstrate proper removal of protective gloves to prevent transmission of body fluids and pathogens
- Describe the assessment and first aid actions utilized for the following life-threatening conditions: heart attack, difficulty breathing, choking, severe bleeding, shock, and stroke
- Describe the appropriate responses to common illnesses and injuries
- Understand their scope of practice and legal and ethical aspects in providing first aid and CPR
- Describe how high-quality CPR and AED use improves survival in an infant, child, and adult victim
- Demonstrate high-quality CPR and AED use in an infant, child, and adult victim
- Give effective breaths by using mouth-to-mouth and a mask on a CPR mannequin
- Demonstrate how to help a choking infant, child, and adult victim.

Instructor: Erin Williams

Office: Thatcher Hall Room 207

Office Hours: by appointment

Phone: 701-228-5444

Email: erin.beth.williams@ndus.edu

Lecture/Lab Schedule: Friday, 12 - 12:50pm

Textbook(s): Recommended: 2016 American Heartsaver First Aid CPR AED Student Workbook.
ISBN: 978-1-61669-424-1

American Heart Association Requirements:

- Attend all on-campus class sessions
- Participate in all course activities
- Demonstrate competency in all required skills
- Successfully complete the Hands-on Final

It is important to understand that a student may pass the course requirements, yet not satisfactorily complete the American Heart Association requirements for certification.

Grading is based on the standard college curve, where students earn a grade based upon the percent of total possible points they obtain. Points weighted as follows:

Attendance	40%
Eight quizzes/assignments	20%
Written final	20%
Hands-on final	20%

Final letter grades based on the following criteria:

A	89.5 - 100%
B	79.5 - 89.4%
C	69.5 - 79.4%
D	59.5 - 69.4%
F	0 - 59.4%

Tentative Course Outline:

Week 1: 8-30	Introduction, Class Schedule, Syllabus
Week 2: 9-6	Mental Health, Title IX, BIT- guest speakers
Week 3: 9-13	1 st Aid Basics
Week 4: 9-20	Adult CPR/AED: Part I
Week 5: 9-27	Adult CPR/AED: Part II
Week 6: 10-4	Child CPR/AED: Part I
Week 7: 10-11	Possible guest speaker
Week 8: 10-18	Child CPR/AED: Part II
Week 9: 10-25	Infant CPR and choking
Week 10: 11-1	Medical Emergencies
Week 11: 11-8	Injury Emergencies
Week 12: 11-15	Environmental Emergencies
Week 13: 11-22	NO CLASS- online assignment
Week 14: 11-29	NO CLASS- Thanksgiving Break
Week 15: 12-6	Review & Final- written
Week 16: 12-13	Final- hands-on

General Education Goals/Objectives: Not applicable

Relationship to Campus Theme: *Nature, Technology, and Beyond* - This course prepares students to handle a variety of emergencies - environmental, injury, and medical- according to the latest evidence-based guidelines from the American Heart Association to improve the outcomes and the quality of life of those they may care for.

Classroom Policies:

1. Regular attendance and participation in class activities is crucial to successful completion of this course.
2. Beverages permitted in accordance with Dakota College at Bottineau classroom policy.
3. Be respectful of other students, instructors, and guests.

Student Email Policy:

Dakota College at Bottineau is increasingly dependent upon email as an official form of communication. A student's campus-assigned email address will be the only one recognized by the campus for official mailings. The liability for missing or not acting upon important information conveyed via campus email rests with the student.

Academic Integrity:

All students are expected to adhere to the highest standards of academic integrity. Dishonesty in the classroom and with assignments and exams is a serious offense and is subject to disciplinary action by the instructor and college administration. For more information, refer to the Student Handbook.

Disabilities and Special Needs:

If you have a disability for which you are or may be requesting an accommodation, you are encouraged to contact your instructor, the Student Success Center, and/or Disability Services.

Title IX:

Dakota College at Bottineau (DCB) faculty are committed to helping create a safe learning environment for all students and the college. If you have experienced any form of gender or sex-based discrimination or harassment, including non-consensual sexual intercourse, sexual harassment, relationship violence, or stalking, know that help and support are available.

DCB has staff members trained to support survivors in navigating campus life, accessing health and counseling services, providing academic and housing accommodations, and more. The College strongly encourages all students to report any such incidents to the College Title IX Coordinator, Laura Halvorson.

Please be aware that all DCB employees (other than those designated as confidential resources such as advocates, counselors, clergy and healthcare providers) are required to report information about such discrimination and harassment to the College Title IX Coordinator. This means that if you tell a faculty member about a situation of sexual harassment or sexual violence, or other related misconduct, the faculty member **must** share that information with the College's Title IX Coordinator. If you wish to speak to a confidential employee who does not have this reporting responsibility, you can find a list of resources on the Title IX website. www.dakotacollege.edu/student-life/safety/title-ix