



**Course Prefix/Number/Title:** HPER 210 First Aid and CPR/AED – on-campus

**Number of Credits:** 1 credit

**Course Description:**

First aid basics, CPR, and AED instruction with hands-on practice based on 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 when 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 213

**Office Hours:** by appointment

**Phone:** 701-228-5444

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**Lecture/Lab Schedule:** Tuesday 0900-0950

**Textbook(s):** Recommended- 2020 American Heartsaver First Aid CPER AED Student Workbook. ISBN: 978-1616698270

## Course Requirements:

### American Heart Association Requirements:

- Attend all on-campus class sessions
- Participate in all course activities
- Demonstrate competency in all required skills
- Successfully complete the Final 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 based on a standard college curve, where students earn a grade based upon the percent of total possible points they obtain. Points weighted as follows:

Attendance	40%
Quizzes/assignments	20%
Written and Hands-on final	40%

Final letter grades assigned 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: 1-10	Introduction, Class Schedule, Syllabus
Week 2: 1-17	1 <sup>st</sup> Aid Basics
Week 3: 1-24	Adult CPR/AED: Part I
Week 4: 1-31	Adult CPR/AED: Part II
Week 5: 2-7	Child CPR/AED: Part I
Week 6: 2-14	Child CPR/AED: Part II
Week 7: 2-21	Infant CPR and choking
Week 8: 2-28	Medical Emergencies
Week 9: 3-7	Injury Emergencies
Week 10: 3-14	Spring Break
Week 11: 3-21	Environmental Emergencies
Week 12: 3-28	Environmental Emergencies
Week 13: 4-4	Review
Week 14: 4-11	Final- written
Week 15: 4-18	Hands on review
Week 16: 4-25	<b>NO CLASS- Online assignment</b>
Week 17: 5-2	Final- hands-on

### CTE Competency/Department Learning Outcome(s):

Employ industry-specific skills in preparation for workplace readiness.  
Combine general education and vocational skills curriculum.

**Relationship to Campus Focus:**

*Nature, Technology, and Beyond* - This course prepares students to handle a variety of emergencies - environmental, injury, and medical- according to 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 successfully completing 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:**

According to the DCB Student Handbook, students are responsible for submitting their own work. Students who cooperate on oral or written examinations or work without authorization share the responsibility for violation of academic principles, and the students are subject to disciplinary action even when one of the students is not enrolled in the course where the violation occurred. The Code detailed in the Academic Honesty/Dishonesty section of the Student Handbook will serve as the guideline for cases where cheating, plagiarism or other academic improprieties have occurred.

**Disabilities or Special Needs:**

Students with disabilities or special needs (academic or otherwise) are encouraged to contact the instructor and Disability Support Services.

**Title IX:**

Dakota College at Bottineau (DCB) faculty are committed to helping create a safe learning environment for all students and for the College as a whole. 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 a student tells 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. Students wishing to speak to a confidential employee who does not have this reporting responsibility can find a list of resources on the DCB Title IX webpage.