

Santa Ana College Kinesiology Division

KNHE 106: Cardiopulmonary Resuscitation and First Aid

OFFICE: O-104

INSTRUCTOR: Tom Nilles

PHONE: (714) 564-6911

COURSE #: 02051

EMAIL: nilles_tom@sac.edu

ROOM: rscdd.instructure.com & G-107 (9/3, 10/15, 12/3)

OFFICE HOURS: TBD

Course Description:

This course involves the theory and detailed demonstration of the first aid care of the injured. The student will learn to assess a victim's condition and incorporate proper treatment. AHA first aid, CPR, and AED certification(s) can be granted upon successful completion of requirements. May be repeated for re-certification.

Student Learning Objectives:

1. Upon completion of KNHE 106 the student will be able to assess, identify and develop a course of action to perform high quality CPR and first aid.
2. Upon completion of KNHE 106 the student will understand the theories and practices behind CPR and risk factors that contribute to heart disease.

Course Learning Objectives:

The student learning outcomes will be achieved by completion of the following learning objectives:

1. Assess victims of injury and medical emergencies and apply emergency action plan
2. Describe the signs and symptoms associated with common medical emergencies Demonstrate the first aid care that is needed in common medical emergencies
3. Demonstrate cardiopulmonary resuscitation and the use of AED
4. Demonstrate bandaging and splinting techniques
5. Demonstrate emergency rescue moves
6. Evaluate their lifestyle for health and safety concerns and set personal goals for achieving a safe and healthy lifestyle

Textbook Information:

REQUIRED TEXT:

First Aid, CPR, and AED Advanced 7th ed., 2017. A. Thygerson, S. Thygerson. Jones & Bartlett Learning (ISBN 9781284105315)

OPTIONAL TEXT:

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Fundamentals of Basic Life Support (BLS) for Healthcare Providers 2016. American Heart Association (ISBN 978-1616694074)

This text is required if you would like to have a BLS CPR card issued to you at the end of the course.

Course Evaluation

To obtain an American Heart Association Certificate Card the student must have at least an 84% on the written test and no more than four physical mistakes on the performance test. If the student misses more than 4 questions (84%) on the written test, per the American Heart Association policy, the student may retake the exam. However, for the course grade at SAC, the original score on the first take of the exam is the score that is recorded on the student grade sheet.

90-100% = A

80-89% = B

70-79% = C

60-69% = D

0-59% = F

Course Site

Our course can be accessed on the [RSCCD Canvas](#) webpage. You can access our Canvas course from this site from home, the library or the student labs at SAC. There is also a Canvas mobile app for both Android and iOS if you choose to download it (standard data usage fees will apply). When you have officially enrolled in the class and the course has been made available to students, you will have access on the Canvas site. It is your responsibility as a student to monitor the Canvas course and complete all assignments in a timely manner. Students are expected to log into the course at least every two days.

We will have three mandatory meetings on-site (9/3, 10/15, 12/3) which are all Fridays and will start at 6:00 pm and end at 10:00 pm in room G-107.

COMMUNICATION:

Personal Correspondence:

The primary course of communication for personal questions or concerns will be through the inbox found in the course page. Be sure to include your full name as it appears on the class roster, the name and section number for the class that you are writing about and the subject of your inquiry in the subject line (e.g. John Doe, KNHE-106-65015, Quiz #5 question).

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In general, I will respond to emails within 24 hours between Monday 8 am and Friday 4 pm if they have all the required information in the subject line. Emails received over the weekend will be answered on Monday. Emails that do not have the correct information in the subject line could be delayed.

COURSE QUESTIONS:

For general questions about assignments, course content or other similar, non-personal matters please check "General Course Questions" found in our Canvas course page in the discussion board. If the answer to your question cannot be found on the discussion board, *please post your question there*. I will check the board at least once a day to post answers to questions during the school week.

DEADLINES:

All assignments and online quizzes must be submitted by **Sunday at 11:59 p.m.** and discussion board's initial posts must be submitted by **Wednesday at 11:59 p.m.** in order to receive full credit unless otherwise noted. I will **NOT** accept late work unless discussed and agreed upon prior to the due date of the assignment(s).

Plagiarism and Academic Honesty Policy

Students at Santa Ana College are expected to be honest and forthright in their academic endeavors. To falsify the results of one's research, to steal the words or ideas of another, or to cheat on an examination, corrupts the essential process by which knowledge is advanced. Academic dishonesty is seen as an intentional act of fraud, in which a student seeks to claim credit for the work or efforts of another without authorization, or uses unauthorized materials or fabricated information in any academic exercise. As institutions, we also consider academic dishonesty to include forgery of academic documents, intentionally impeding or damaging the academic work of others, assisting other students in acts of dishonesty or coercing students into acts of dishonesty. Any student caught participating in any of the fore mentioned activities will receive a zero on that assignment and I reserve the right to pursue further sanctions with Santa Ana College. You should familiarize yourself with the [Academic Honesty Policy](#) of Santa Ana College and contact me if you have any further questions.

Attendance & Participation Policy

Attendance for this course is mandated by the state. A student may be administratively dropped from this class as a no-show if they do not complete the "first assignments," which can be found in the course information module, by the due date **(8/29/21 at 11:59 p.m.)**. Students that do not participate in the class discussion board will be considered "absent" and may be dropped from the course for excessive absence (which is two consecutive weeks of non-participation as observed by the instructor). We will have three **mandatory** meetings on-site **(9/3, 10/15, 12/3)** which are all Fridays and will start at 6:00 pm and end at 10:00 pm.

No Show Drop:

For this course, the student must complete the following assignments by or they will be dropped as a "No Show":

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1. Send your instructor an email from the inbox link found in the Canvas Global Navigation Menu with the following in the subject: *KNHE 106-YOUR NAME (as it appears on the class roster)*.
2. *Read the syllabus and complete the course orientation quiz.*
3. *Post a new thread in the week 1 discussion board, "Meet & Greet." Follow the instructions listed and make sure to reply to TWO of your classmates.*

Noteworthy:

- It is the student's responsibility to drop all classes in which he/she is no longer participating
- It is the student's responsibility to drop all classes in which he/she is no longer attending
- It is the instructor's discretion to withdraw a student after the add/drop deadline, as stated in the course schedule, you will receive a letter grade after the deadline.
- If you have an emergency please communicate with me so that we can make arrangements if I see fit.

Students With Disabilities

Your success in this course is important to me. Santa Ana College and I are committed to providing reasonable accommodations for all individuals with disabilities. If you have a disability that may have some impact on your ability to do well in this course, I encourage you to speak with me as soon as possible. Also, please contact [Disabled Student Programs & Services](#) so that we can all collaborate on your classroom accommodations in a timely manner. [DSP&S](#) is located in VL-204 and their phone number is 714-564-6264. The [DSP&S](#) office requires documentation of your disability in order to receive reasonable accommodations. If you do not have documentation they will work with you to acquire it. I look forward to supporting you to meet your learning goals.

Class Calendar

Weekly Topics and Reading Assignments

WEEK	Topic	Assignment
1	Orientation:	
2	Background Information	Chapter 1
	Action at an Emergency	Chapter 2
3	The Human Body	Chapter 3
4	Finding Out What is Wrong	Chapter 4

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5	Shock	Chapter 7
	Bleeding	Chapter 8
6	Wounds	Chapter 9
	Bandaging Wounds	Chapter 10
7	CPR	Chapter 5
	Automated External Defibrillation (AED)	Chapter 6
8	Adult CPR & AED	Midterm
9	Burns	Chapter 11
	Chest, Abdominal, and Pelvic Injuries	Chapter 13
10	Head and Spinal Injuries	Chapter 12
11	Bone, Joint and Muscle Injuries	Chapter 14
	Extremity Injuries	Chapter 15
12	Splinting Extremities	Chapter 16
	Poisoning	Chapter 18
13	Sudden Illness	Chapter 17
14	Cold-Related Emergencies	Chapter 20
	Heat-Related Emergencies	Chapter 21
15	Bites & Stings	Chapter 19
	Infant CPR & AED	
16	Final Exam	Final Exam