USC Dornsife
Dana and David Dornsife
College of Letters, Arts and Sciences

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Office Hours: PED 107 / Meetings by appointment
Phone: 213-740-6153
Class: PED 203
FALL 2022: T/TH 9:30am-10:50am, Tuesday, August 23 – Tuesday, October 11, 2022 (7.5 weeks)

FIRST AID – PHED 161 – SECTION 49814

Course Objectives:

Students will learn to recognize emergency situations and methods of handling the situation. Students will have a chance to earn American Red Cross Certifications in Adult, Child and Infant CPR, and AED and Standard First Aid.

Physical Education Program Objectives:

Students will understand the importance of sound health and fitness principles as they relate to better health and will be able to:

Define the various health components of fitness.
Recognize the physical and mental benefits of increased activity.

Students will be exposed to a variety of activities providing them the opportunity to:

Apply learned fundamental skills.
Utilize physical activity as a tool to manage stress

Students will demonstrate proficiency through knowledge and acquired skills enabling them to:

Understand and utilize various training methods.
Assess individual level of fitness components.
Develop an appreciation of physical activity as a lifetime pursuit and a means to better health.

Required Text: First Aid/CPR/AED, American Red Cross, Participants Manual

Posted on Blackboard, under Content.

Student Learning Outcomes:

1. Identify potential safety hazards in and around the home and discuss possible corrective measures.
2. Exhibit an understanding of body functions and interrelationships.
3. Explain how the Emergency Medical System (EMS) works and the citizen responders' role.
4. Identify and differentiate between the signals of respiratory distress and cardiac arrest.
5. Identify hemorrhage and demonstrate how to control it.
6. Describe the signals of various soft tissue and musculoskeletal injuries and demonstrate how to care for them with bandaging and splinting.
7. Describe when and how to move a victim in an emergency situation.
8. Identify the signals and first aid care for medical emergencies including; seizures, poisoning, bites, stings, asthma and diabetes.
9. Identify weather hazards and describe emergency care and preventative techniques.
10. Demonstrate effective rescue breathing and CPR until advanced emergency medical help arrives

EXAMS:

- Students will earn points through written Red Cross Certification tests, practical tests and class participation. The final will be a practical exam.
- Red Cross Certifications tests must be passed with minimum 80% on written tests and demonstrations of proficiency in skills to receive cards.

GRADING:
Point Distribution:
Red Cross Exams - 65%
Practical's - 15%
In Class Work / Participation - 20%

Grading Scale:
A (94+pts), A- (90-93pts), B+ (89-87pts), B (86-84pts), B- (80-83pts), C+ (79-77pts), C (76-74pts), C- (70-73pts), D+ (69-67), D (66-64pts), D- (60-63pts), F (59-0pts) Pass (>69 pts), Fail (<60pts)

BLACKBOARD:
Students should check the Announcements and their EMAIL as the Instructor may need to add, delete, or update assignments or lecture topics at her discretion.

ATTENDANCE:
Regular attendance is expected.
Tardiness will not be tolerated.
No make-up exams or practical exams will be given.

CERTIFICATION CARDS:
RED CROSS Certification cards cost $35 each card for those interested.

COURSE REQUIREMENTS:

1. Attend Class Daily (arrive on time)
2. Complete ALL exams
3. Complete ALL practicals for Checking a Responsive Person, Choking, CPR, AED and First Aid.

GENERAL CLASS POLICIES:

1. Prior reading of assigned material will be helpful.
2. Please refer to black board before class for additional information.
3. Please turn off cell phones etc, in the classroom.
4. Please help set up and clean up CPR and first aid equipment.
5. Courtesy, kindness, and respect are expected from all.
6. No make-up exams.
7. No late work will be accepted!
8. Tardiness will not be tolerated!

Emergency Preparedness/ course Continuity in a Crisis

In case of a declared emergency if travel to campus is not feasible, USC executive leadership will announce an electronic way for instructors to teach students in their residence halls or homes using a combination of blackboard, teleconferencing, and other technologies.

USC seeks to maintain an optimal learning environment. General principles of academic honesty include the concept of respect for the intellectual property of others, the exception that individual work will be submitted unless otherwise allowed by an instructor, and the obligations both to protect one's own academic work from misuse by others as well as to avoid using another's work as one's own. All students are expected to understand and abide by these principles. S Campus, the Student Guidebook, (www.usc.edu/scampus or http://scampus.usc.edu) contains the University Student Conduct Code (see University Governance, Section 11.00), while the recommended sanctions are located in Appendix A.

Students requesting **academic accommodations** based on a disability are required to register with Disability Service and Programs (DSP) each semester. A letter of verification for approved accommodations can be obtained from DSP when adequate documentation is filed. Please be sure the letter is delivered to me as early in the semester as possible. DSP is open Monday-Friday, 8:30 am - 5:00 pm. The office is in the Student Union 301 and the phone number is (213) 740-0776.

Statement on Academic Conduct and Support Systems

Academic Conduct:
Plagiarism – presenting someone else's ideas as your own, either verbatim or recast in your own words – is a serious academic offense with serious consequences. Please familiarize yourself with the discussion of plagiarism in *SCampus* in Part B, Section 11, "Behavior Violating University Standards" policy.usc.edu/scampus-part-b. Other forms of academic dishonesty are equally unacceptable. See additional information in *SCampus* and university policies on scientific misconduct, http://policy.usc.edu/scientific-misconduct.

Support Systems:
Student Counseling Services (SCS) – (213) 740-7711 *– 24/7 on call*Free and confidential mental health treatment for students, including short-term psychotherapy, group counseling, stress fitness workshops, and crisis intervention.
engemannshc.usc.edu/counseling

National Suicide Prevention Lifeline – 1 (800) 273-8255
Provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week.
www.suicidepreventionlifeline.org

Relationship and Sexual Violence Prevention Services (RSVP) – (213) 740-4900 *– 24/7 on call*
Free and confidential therapy services, workshops, and training for situations related to gender-based harm.
engemannshc.usc.edu/rsvp

Sexual Assault Resource Center
For more information about how to get help or help a survivor, rights, reporting options, and additional resources, visit the website:
sarc.usc.edu

Office of Equity and Diversity (OED)/Title IX Compliance – (213) 740-5086
Works with faculty, staff, visitors, applicants, and students around issues of protected class. equity.usc.edu

Bias Assessment Response and Support
Incidents of bias, hate crimes and micro aggressions need to be reported allowing for appropriate investigation and response.
studentaffairs.usc.edu/bias-assessment-response-support

The Office of Disability Services and Programs
Provides certification for students with disabilities and helps arrange relevant accommodations. dsp.usc.edu

Student Support and Advocacy – (213) 821-4710
Assists students and families in resolving complex issues adversely affecting their success as a student EX: personal, financial, and academic. studentaffairs.usc.edu/ssa

Diversity at USC
Information on events, programs and training, the Diversity Task Force (including representatives for each school), chronology, participation, and various resources for students. diversity.usc.edu

USC Emergency Information
Provides safety and other updates, including ways in which instruction will be continued if an officially declared emergency makes travel to campus infeasible. emergency.usc.edu

USC Department of Public Safety – UPC: (213) 740-4321 – HSC: (323) 442-1000 *– 24-hour emergency or to report a crime.*
Provides overall safety to USC community. dps.usc.edu

COURSE OUTLINE

WK	DATE	TOPIC	READING
1	8/23 – 8/25	**INTRO – Course Objectives & Requirements** **BEFORE GIVING CARE** Health & Safety Precautions – PPE's – gloves-removing / Preparing for Emergencies / Signs of an Emergency / Taking Action **CHECKING AN INURED OR ILL PERSON** – Checking a Responsive Person / Interviewing the Person – SAMPLE & physical check	Syllabus Chapter 1 ***Practical*** ***Practical*** ***Practical***
2	8/30 – 9/1	Checking a Responsive & Unresponsive adult, child, infant Recovery Positions **QUIZ – Before Giving Care (Tuesday)** **CHOKING** – Conscious adult, child, infant The Circulatory and Respiratory Systems **CARDIAC EMERGENCIES & CPR** Practice Adult CPR	Chapter 2 ***Practical*** **QUIZ #1** Chapter 4 ***Practical*** Chapter 3 ***Practical***
3	9/6 – 9/8	**CARDIAC EMERGENCIES & CPR** Practice Adult & Child CPR **QUIZ – Adult CPR (Tuesday)** Practice Child CPR **QUIZ – Child CPR (Thursday)**	Chapter 3 ***Practical*** **QUIZ #2** ***Practical*** **QUIZ #3**
4	9/13 – 9/15	Practice Infant CPR **QUIZ – Infant (Tuesday)** **AED Intro** (pg. 48-52, 59-60) Practice CPR & AED Adult, Child, Infant	***Practical*** **QUIZ #4** ***Practical***
5	9/20 – 9/22	Practice CPR & AED Child & Infant **QUIZ – AED Adult or Child (Tuesday)** **SUDDEN ILLNESS** - Asthma, Anaphylaxis, Diabetic, Stroke Emergencies	***Practical*** **QUIZ #5** Chapter 5 ***Practical***
6	9/27 – 9/29	**TRAUMATIC INJURIES** – Shock, Internal Bleeding, Wounds, Burns, Dressings & Bandages and Tourniquet **MUSCLE, BONE & JOINT INJURIES** – RICE **HEAD, NECK & SPINAL INJURIES** - Concussions Nose, Mouth, Dental, Chest, Abdominal Injuries	Chapter 6 ***Practical*** Chapter 6
7	10/3	Last Day to Withdraw with a "W"	
7	10/4 – 10/6	**ENVIRONMENTAL INJURIES & ILLNESSES** Heat & Cold-Related Illnesses Poisoning, Bites, Stings, Lightening-Strike Injuries **Overall Review (Class Game) & First Aid Review**	Chapter 7 Chapters 5-7
8	10/11 Last Day	**First Aid Review** **QUIZ – First Aid (Thursday)**	Chapters 5-7 **QUIZ #6**

**Course outline subject to change