HEALTH EDUCATION 112 – FIRST AID/CPR  
FALL SEMESTER 2004  
Wednesday  
6:00 p.m. – 8:05 p.m.  
Leon Skeie, Professor – Office – Exercise Science – (714) 432-5112  

CLASS MEETING AND READING SCHEDULE  

<table>
<thead>
<tr>
<th>Mgt.</th>
<th>Date</th>
<th>lec/lab</th>
<th>Topic</th>
<th>RTE chapters</th>
</tr>
</thead>
</table>
| 1    | 9/01 | lec     | Orientation  
Course Introduction  
Body Systems | | |
| 2    | 9/08 | lec     | Assessments  
Breathing Emergencies | 1-5 |
| 3    | 9/15 | lab     | Obstructed Airway – Adult, child, infant | | |
| 4    | 9/22 | lab     | Adult CPR | | |
| 5    | 9/29 | lab     | Add Child CPR | | |
| 6    | 10/06| lab     | Add Infant, Add AED | | |
| 7    | 10/13| lec     | CPR Test Review  
CPR Test | | |
| 8    | 10/20| lec     | Injuries – Soft tissue and Burns  
Bleeding and Shock | 7,8,9 |
| 9    | 10/27| lab     | Bandaging | | |
| 10   | 11/03| lec     | Musculoskeletal and Extremity Injuries  
Head and Spine Injuries (film) | 10,11 |
| 11   | 11/10| lab     | Splinting | | |
| 12   | 11/17| lec     | Chest, Abdominal and Pelvis  
Heat and Cold Emergencies  
Substance Abuse  
Bites and Stings | 13  
16, 17, 18 |
| 13   | 11/24| lec     | Earthquakes: “Preparing for the Big One”  
Fires: “How to Get out Alive” | | |
| 14   | 12/01| lab     | Obstructed Airway Review | | |
| 15   | 12/08| lec     | First Aid Exam Review | | |
| 16   | 12/15| lec     | Final Exam | | |

Hand out CPR and First Aid Cards
HEALTH EDUCATION 112 - FIRST AID AND CARDIOPULMONARY RESUSCITATION

ORANGE COAST COLLEGE – Fall Session- 2002
Leon Skeie, Professor
Phone: (714) 432-5112
Office: Exercise Science Lab

SYLLABUS

Course Objective: To provide students with the knowledge and skills necessary to meet the needs of most situations where emergency first aid care is needed and to incorporate personal safety and accident prevention information to minimize the occurrence of accidents.

Course Credit: 16 weeks. 2.0 Units lecture/laboratory: Grade or Credit/No Credit

Cards offered:

1. American Red Cross
   A. First Aid - Responding to Emergencies (expiration: 3 years)
   B. Adult, child and infant CPR- (expiration: 1 year)
   C. AED Card-(expiration: 1 year)

Required Texts:

1. American Red Cross First Aid - Responding to Emergencies, Mosby-Year Book

Grading: The class can be taken for a grade or credit/no credit. Scores from the practical tests and the final exam will be computed. Attendance is also computed in the final grade. (all labs are mandatory) Extra credit points will be added to the total. Grades will be earned based on the following percentages from the total number of points you accumulate.

A - 100 - 90%  B - 89 - 80%  C - 79 - 70%  D - 69 - 60%  F - <60%

Course Requirements:

1. Final - 100 points (50 from CPR Exam, 50 from First Aid Final)
2. Complete the American Red Cross National Exams with a minimum 80% score.
3. Attendance - Attendance at all lectures and your designated labs are required. Two absences in the class will lower your grade by one letter grade.
4. Perform specific lab skills in compliance with the minimum American Red Cross and American Heart Association standards and demonstrate the ability to make appropriate decisions for emergency care.

Extra Credit:

1. Home made first aid kit with a list of contents (see page 16 in your textbook) 5 points.
2. Ten (10) newspaper/magazine articles relevant to the course 5 points
3. American Red Cross Blood Donation 10 points
4. Perfect Attendance 5 points
5. Earthquake preparedness plan and supplies written report 5 points