

Course: PE 247M First Aid and Personal Safety  
Credit: 1 Semester Hours  
Semester: Cycle 1 Aug 1-5  
Times: 8:00 am- 1:00 pm  
Asst. Prof: Jeanette Regier  
816-898-7719

## I. DESCRIPTION

A study of first aid and CPR for infants, children, and adults. Students completing the requirements will receive first aid and CPR certificates authorized by the American Red Cross. (Fee: \$25)

## II. OBJECTIVES

- A. General competencies to be achieved. The student:
1. Will become acquainted with various aspects of health and first aid that can be used daily.
    - a. Program Objective 2
    - b. Assignments A,B
  2. Will acquire a working knowledge of community first aid and CPR
    - a. Program Objective 2
    - b. Assignments A,B
  3. Will understand how to be proactive and prevent illness and injury.
    - a. Program Objective 2
    - b. Assignments A,B,C
  4. Will understand the importance of an Emergency Action Plan
    - a. Program Objective 2
    - b. Assignments A,B
  5. Will acquire a working knowledge of assisting with asthma inhaler medication and the use of an epinephrine injector.
    - a. Program Objective 2
    - b. Assignments A,B

- B. Specific competencies to be achieved. The student:
1. Will be able to perform CPR on adults, youths, or infants.
    - c. Program Objective 2
    - d. Assignments A,B
  2. Will analyze an accident situation and perform emergency first aid care, including compresses, bandaging, and shock treatments, and making splints.
    - a. Program Objective 2
    - b. Assignments A,B
  3. Will understand how to prevent heart attacks and strokes.
    - a. Program Objective 1,2
    - b. Assignments A,B,C
  4. Will understand how to use the AED machine.
    - a. Program Objective 2
    - b. Assignments A,B
  5. Will be able to give first aid for adult, youth, and infant victims.
    - a. Program Objective 2
    - b. Assignments A,B

### **III. REQUIREMENTS**

- A. American Red Cross written tests
  1. Before Giving Care
  2. CPR/Choking
  3. First Aid
  4. AED
- B. Skills Testing
  1. Adult CPR
  2. Infant CPR
  3. Child CPR
  4. First Aid
  5. AED

### C. Digital Story

1. Student will design a digital story using Windows Movie Maker or I Movie. The story will teach about prevention of heart attacks and strokes. It will also present a plan for individuals to be victorious in this problem. It will answer some of the following questions.
  - A. Why is low blood pressure important in this battle?
  - B. What techniques will lower blood pressure?
  - C. What results will prolonged high blood pressure have?
  - D. How do medicines lower blood pressure?
  - E. What does nicotine do to blood pressure?
  - F. How does a high fat diet affect the heart?
  - G. How does exercise affect the heart?
  - H. Describe three medical procedures that can be used to prevent heart attacks and strokes?
  - I. Describe what occurs during a heart bypass surgery?
2. Digital Storytelling is the practice of using computer-based tools to tell stories. As with traditional storytelling, most digital stories focus on a specific topic and contain a particular point of view. However, as the name implies, digital stories usually contain some mixture of computer-based images, text, recorded audio narration, video clips and/or music. Digital stories can vary in length, but most of the stories used in education typically last 10 minutes. The topics that are used in Digital Storytelling range from personal tales to the recounting of historical events, from exploring life in one's own community to the explaining why obesity is out of control in our country.
3. Students will do the storytelling assignment in pairs. Tutorials about how to use the computer programs necessary will take place during class time. Final project will be due January 20.

## IV. METHODS

- A. In-class methods include demonstration, small-group interaction, participation, and hands-on practical experience.
- B. Grading
  1. Written tests 33%
  2. Skills Test 34%
  3. Digital Story 33%

### C. Grading Scale

Grade	Value
A	100-93
A-	92-90
B+	89-87
B	86-83
B-	82-80
C+	79-77
C	76-73
C-	72-70
D+	69-67
D	66-63
D-	62-60
F	59-0

## V. MATERIALS

### A. Bible

See “**Bible Requirement**” statement below.

B. American Red Cross DVD and workbook – will be provided online

### **Bible Requirement**

The Bible is a required textbook in every course at Calvary University. To facilitate academic level study, students are required to use for assignments and research an English translation or version of the Bible based on formal equivalence (*meaning that the translation is generally word-for-word from the original languages*), including any of the following: New American Standard (NASB, English Standard Version (ESV), New King James (NKJV), or King James (KJV). Other translations and versions based on dynamic equivalence (*paraphrases, and thought-for-thought translations like NLT and NIV*) may be used as supplemental sources. Please ask the professor if you have questions about a particular translation or version.

### **Disabilities Statement**

Students with disabilities have the responsibility of informing the Accommodations Support Coordinator ([aso@calvary.edu](mailto:aso@calvary.edu)) of any disabling condition that may require support.

### **Academic Dishonesty**

Plagiarism is defined as copying any part of a book or paper without identifying the author. This also includes taking another person’s ideas and presenting them as your own.

### **The Clark Academic Center**

The Clark Academic Center (learning@calvary.edu), located in the library building, is dedicated to providing free academic assistance for all students. Student tutors aid with all facets of the writing process, tutor in various subject areas, prepare students for exams and facilitate tests. Please take advantage of this service.

### **Writing Style**

All class papers must follow the Turabian style according to *A Manual for Writers of Research Papers, Theses, and Dissertations*, 8th edition and the Calvary Style Guide, 2019 update.

### **Attendance**

Student will be allowed one free absence. On the 2<sup>nd</sup> absence their grade will be lowered one letter grade. On the 3<sup>rd</sup> absence their grade will be lowered two letter grades. On the 4<sup>th</sup> absence their grade will be lowered three letter grades.

## **VI. TENTATIVE SCHEDULE**

- A. Before Providing Care
- B. Breathing Emergencies
- C. Choking
- D. Prevention of Heart Attacks and Strokes
- E. CPR/AED
- F. First Aid