

**Exercise Science Program
School of Health Sciences
Oakland University
Safety, CPR and First Aid
Instructor: Mary Anne Mikus, M.S.**

Course: EXS 2700

CRN: 11881

Location: Human Health Building – Room 4042

Class Time: Thursday's, 2 – 3:47 p.m.

Office Hours: Tuesday's and Thursday's from 11:00 a.m. – noon or by appointment.

E-mail: mikus@oakland.edu

Office: 3135 Human Health Building

Course Description:

This course will teach you to respond to emergency situations, as well as make you aware of the importance of practicing healthy lifestyles in prevention of injuries and sudden illness. The course content and activities will prepare you to recognize emergencies, make first aid decisions, and provide care with little or no first aid supplies or equipment. Certifications in **Heartsaver First Aid** and **Basic Life Support (BLS) for the Healthcare Provider** from the American Heart Association will be presented upon successful completion of the course.

Grading:

Course Exam -	40%
AHA CPR Quiz -	10%
CPR Practical -	25%
FA Practical -	25%

Please note that it is possible to pass the course without earning your First Aid and CPR certifications. This will be explained further in class. FYI – If you lose your certification card(s) there is a \$10 charge to replace each one.

EXS 2700
Winter 2018
Safety, CPR and First Aid

<u>Date</u>	<u>Topic</u>
01/04/18	Course Introduction Help Can't Wait – Taking Action Body Systems
01/11/18	AHA Paperwork (required) Checking the Victim Bleeding
01/18/18	Roller Bandage* Wounds Musculoskeletal Injuries
01/25/18	Sling*
02/01/18	Sudden Illness**
02/08/18	First Aid Practical
02/15/18	Adult & Pediatric Chain of Survival Adult – Chest Compressions and Ventilations 1 Rescuer Adult BLS Practice Session
03/01/18	AED Introduction & Use 2 Rescuer Adult BLS/Team CPR Sequence Child and Infant BLS CPR
03/08/18	Choking BLS 1 & 2 man Rescue Practice
03/15/18	AHA Quiz CPR Practice Review for Course Exam and CPR Practical
03/22/18	CPR Practical
03/29/18	CPR Practical
04/05/18	Course Exam Extra Credit First Aid Kit due (optional)

Please note!!!! The syllabus is an estimation of when subject matter will be covered. Slight alterations may occur and therefore it is imperative that you attend class so as not to miss practicing skills or being tested. If for some reason you are unable to attend class, it is your responsibility to keep track of any changes to the schedule by contacting your partner.***

*The roller bandage and sling are the two skills you will be required to know and perform during your First Aid Practical. You will only be responsible for one but you need to be knowledgeable on both because Professor Mikus will randomly choose one of the skills for you to perform. Your partner will do the other one. It is not your choice. As stated previously, Professor Mikus will randomly choose one of the skills for you to perform. Your partner will then do the other one.

**Questions from the Sudden Illness lecture will be part of the requirement for your First Aid Practical.

***Partners will be chosen during the second-class meeting. You may choose whomever you want. You and your partner will work together throughout the semester. Being a partner comes with responsibilities. Your responsibility as a partner should be taken seriously. By not coming to class you are not being respectful of your partner's need to have someone to practice with and on. If you are not going to make it to class you should contact your partner via the contact information given during the second-class period. If you do not do so, or if you miss more than one consecutive class period, Professor Mikus will re-assign your partner to another group. Re-assigning your partner will result in a 5% deduction in your grade for both your CPR and F.A. practical (a total of 10%). If you have any questions regarding this policy make sure and ask Professor Mikus immediately as this policy does take effect after the second class. The reason this is important, is that when students are able to practice with the same person consistently, they are more successful in completing their practical. What does that mean? **It means they learn the material better, perform more competently and will get a better grade.** As far as I am concerned, that is success in a class all the way around.

- If you have a documented disability and wish to discuss academic accommodations, please contact me as soon as possible. If you need help regarding this issue (to document your disability) you can contact Disability Support Services at 248.370.3266 or 121 NFH. If you are designated to take your test outside of the classroom, it is your responsibility to make arrangements with the DSS and inform me when you are scheduled for the test. I should have at least a three day notice before the date you are taking the test so that I can make arrangements to have the test available to you. Only the Course Exam and AHA Quiz may be taken at the DSS. Each practical must be taken in the classroom.
- No sharing of information during exams should occur. See the attached Academic Conduct Policy.
- Technology courtesy will be discussed during class.
- Familiarize yourself with the Emergency Management Guide so that you are prepared to take proper action in the case of an emergency. The red EMG should be in every classroom and will be pointed out to you. (see

<http://www.oakland.edu/prepared/>)

- Veteran Support Services - The Office of Veteran Support Services (VSS) is the campus office responsible for supporting student veterans and military families. Through VSS, veterans and their dependents can be connected to campus and community resources to help ensure they are receiving the benefits they have earned. Student veterans and military dependents who wish to learn more about the services afforded to them should contact VSS, by visiting 116 North Foundation Hall, emailing VSS@oakland.edu, by phone at 248-370-2010 or visiting our website at <http://wwwp.oakland.edu/veterans/>.
- Gum and other food are not permitted in the lab. You may have water bottles or drinks that have secure tops.
- For important academic calendar dates see the following link <https://oakland.edu/registrar/important-dates/>
- Academic Conduct Policy – See the attached policy.

Academic Conduct Policy

All members of the academic community at Oakland University are expected to practice and uphold standards of academic integrity. Academic integrity means representing oneself and one's work honestly. Misrepresentation is cheating since it means the student is claiming credit for ideas or work not actually his or her own and is thereby seeking a grade that is not actually earned. All academic misconduct allegations are forwarded to the Dean of Students Office and adhere to the **student judicial system**.

Examples of Academic Dishonesty:

- 1 Cheating on assignments and examinations. This includes, but is not limited to, the following when not authorized by the instructor: the use of any assistance or materials such as books and/or notes, acquiring exams or any other academic materials, the use of any other sources in writing drafts, papers, preparing reports, solving problems, works completed for a past or concurrent course, completing homework or carrying out other assignments. No student shall copy from someone else's work or help someone else copy work or substitute another's work as one's own. No student shall engage in any behavior specifically prohibited by an instructor in the course syllabus or class discussion.
- 2 Plagiarizing the work of others. Plagiarism is using someone else's work or ideas without giving that person credit. By doing this, a student is, in effect, claiming credit for someone else's thinking. This can occur in drafts, papers and oral presentations. Whether the student has read or heard the information used, the student must document the source of information. When dealing with written sources, a clear distinction should be made between quotations, which reproduce information from the source word-for-word within quotation marks, and paraphrases, which digest the source of information and produce it in the student's own words. Both direct quotations and paraphrases must be documented. Even if a student rephrases, condenses or selects from another person's work, the ideas are still the other person's and failure to give credit constitutes misrepresentation of the student's actual work and plagiarism of another's ideas. Buying a paper or using information from the internet without attribution and handing it in as one's own work is **plagiarism**.
- 3 Cheating on lab reports by falsifying data or submitting data not based on the student's own work.
- 4 Falsifying records or providing misinformation regarding one's credentials.
- 5 Unauthorized collaboration on assignments. This is unauthorized interaction with anyone in the fulfillment of academic requirements and applies to in-class or take-home coursework. Individual (unaided) work on exams, lab reports, homework,

computer assignments and documentation of sources is expected unless the instructor specifically states in the syllabus or verbally that it is not necessary. Collaboration can also include calculating homework problems with another person, having another help to rewrite a paper, sharing information/sources with others and checking coursework with others.

- 6 Resubmission of original work. When an instructor assigns coursework, the instructor intends that work to be completed for his/her course only. Work students may have completed for a course taken in the past, or may be completing for a concurrent course, must not be submitted in both courses unless they receive permission to do so from both faculty members.

Textbooks and Supplies:

Required:

- BLS for Healthcare Providers, American Heart Association, Channing Bete Company, 2016, ISBN - 9781616694074
- 1 First Aid Pack – American Red Cross
- Laerdal Pocket Mask

Barnes and Noble website at Oakland University

<http://oakland.bncollege.com/webapp/wcs/stores/servlet/BNCBTBListView>

Exercise Science Grading Scale

92-100%	4.0	70%	2.4
90-91	3.9	69	2.3
88-89	3.8	68	2.2
86-87	3.7	67	2.1
84-85	3.6	66	2.0
82-83	3.5	65	1.9
80-81	3.4	64	1.8
79	3.3	63	1.7
78	3.2	62	1.6
77	3.1	61	1.5
76	3.0	60	1.4
75	2.9	59	1.3
74	2.8	58	1.2
73	2.7	57	1.1
72	2.6	56	1.0
71	2.5	<56%	0.0

Safety, CPR and First Aid
Extra Credit – Optional
Home-made First Aid Kit

As you will learn in class, preparing for emergencies is very important. For your extra credit assignment, you are to **make** your own First Aid-Emergency Kit.

This assignment is not difficult, however, to receive full credit you must follow directions exactly. **If you do not, you will not receive extra credit.** This is an all or nothing extra credit assignment. Don't waste your time doing this if you aren't going to follow the directions to a tee because you will not get credit. **No exceptions.**

To receive credit your kit must contain **all** of the following:

- Two pair disposable gloves (non-latex preferred)
- 5 adhesive bandages (at least two different sizes)
- Aspirin – 325 mg. (Do not take out of original container).
- 2 roller bandages (a clean ACE bandage may be used for one of the roller bandages)
- 3 sterile gauze pads
- 1 triangular bandage
- Tweezers
- OTC antibiotic ointment such as Neosporin
- Cold compress (instant ice)
- 2 popsicle sticks (or similar device for splinting fingers) and adhesive tape for splinting with sticks
- Juice box or other simple sugar for hypoglycemia as discussed in class (rapid uptake of sugar)
- Whistle
- Benadryl
- One additional item you think would be helpful to “round out” your kit. I am looking for creativity and new ideas! Try to keep yours “different” from other students. Place a gift bow on your additional item. That way, I will know this is your special item.
- Your kit container should be waterproof and marked with the words “FIRST AID” and your name with a permanent marker such as a Sharpie.
- All medications will be checked for a current expiration date. Make sure your meds are not expired. Remember to check your First Aid Kit for the expiration of medications after the end of this class. Time passes quickly. Keep your meds current!

Here is a short list of issues that student's commonly forget or do not follow the directions exactly resulting in not receiving credit for their First Aid Kit:

1. First Aid supplies must be placed in a waterproof container. Most students choose a Tupperware container but any type of container is fine as long as it is waterproof.
2. Every item must be included as described.
3. The kit should be homemade, not bought in a store.
4. Each and EVERY item should have your name or initials on it written with a permanent marker such as a Sharpie.
5. Your name and the words ‘First Aid Kit’ should be written directly on the container you are using for your kit.

6. Do not take medications out of their original container. Your meds do not have to be a full container or tube.

Your First Aid Kit is due the last day of class. Credit received will be discussed on the first day of class.