



Instructor: Steve Hsu
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Section 49814: TTH 9:30 – 10:50am (PED 203)
Session Code: 859 (First 8 weeks session beginning January 7, 2019)

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: www.redcross.org- book should be online:

First Aid-Responding to Emergencies, American Red Cross, 5ed.

Go to www.redcross.org

On top blue bar "take course"

Center First Aid Emergencies workplace, school, and Individuals

Responding to Emergencies

Under Materials on bottom right: Responding to Emergencies Manual

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.
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GRADING:

Point Distribution (100 points):

Red Cross Exams - 65%

Practical's - 20%

Class Participation - 15%

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 his discretion.

ATTENDANCE:

Timely and consistent attendance is required; absences will adversely impact your class participation grade. Tardiness will not be tolerated and will adversely impact your class participation grade.

No make-up exams nor practical exams will be given.

CERTIFICATION CARDS:

RED CROSS Certification cards cost \$30 each card for those interested.

COURSE REQUIREMENTS:

1. Attend Class Daily (arrive on time)
2. Complete ALL exams
3. Complete CPR practical and First Aid practical

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 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!
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COURSE OUTLINE

WK	DATE	TOPIC	READING
1	1/8-1/10	Introduction – Course Objectives and Requirements Health and Safety Precautions Recognizing Emergencies/ Deciding to Act Taking Action/ Before Giving Care	Syllabus Chapter 1
2	1/15-1/17	Checking the Victim/ Adult emergencies – Techniques for moving an injured/ill person Checking a conscious adult, child, infant Shock Checking an unconscious adult, child, infant Exam – Before Giving Care (Thursday)	Chapter 2 P. 141 P. 94
3	1/17	Last Day to Drop without W	
3	1/22-1/24	Breathing Emergencies – The Circulatory and Respiratory Systems Practice Conscious Choking – adult, child, infant Cardiac Emergencies and CPR Practice Adult CPR Exam - Adult CPR (Thursday)	Chapter 4 Chapter 3
4	1/29-1/31	Cardiac Emergencies in Children & Infants Practice Child CPR Exam – Child CPR (Tuesday) Practice Child & Infant CPR Exam – Infant (Thursday)	Chapter 3
5	2/5-2/7	AED Intro Practice AED Adult, Child, Infant Practice AED Child & Infant Exams – AED Adult or Child (Thursday)	Chapter 3
6	2/12-2/14	Sudden Illnesses (stroke) and Poisoning Environmental Emergencies: Heat and Cold Emergencies Poisonous bites & stings	Chapter 5 Chapter 7
7	2/19-2/21	Burns & Soft Tissue Injuries: Practice Care for Open and Closed Wounds Controlling External Bleeding and Shock	Chapter 6
8	2/26-2/28 2/28 – Last day of class	Musculoskeletal Injuries Injury to Muscles, Bones and Joints Applying Splints, Sling & Binder Exam – First Aid Exam & First Aid Practical	Chapter 6

****Course outline subject to change**

USC Physical Education IS NOT responsible for any lost, stolen or damaged property. If you choose to bring any valuables to class, it is strongly recommended that they be locked up during class. Locker rooms are available in the PE building and the Lyons Center.

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.

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 microaggressions 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