

Tompkins Cortland Community College

Master Course Syllabus

Course Discipline and Number: RECR 140

Year: 2022-2023

Course Title: Wilderness First Aid

Credit Hours: 1

I. Course Description: Wilderness First Aid is an introduction to general medical concepts and basic life support skills for outdoor and delayed help settings. It is targeted to the outdoor enthusiast on day trips or short adventures and for outdoor guides. Upon successful completion of this course, students will be certified in Wilderness First Aid from a state and nationally recognized provider. 1 Cr. (1 Lab.) Semesters offered: Occasionally

II. Additional Course Information:

1. The expected target audience for this course is seasonal outdoor staff and those involved in recreational wilderness trips.
2. This is a 16+ hour course. To be certified, participants must have 100% participation in the course.
3. Certification will be provided by a National and/or NY State recognized provider and will meet or exceed the standards for NYS Health department summer camp staff and trip leader first aid requirements. Certifications include Wilderness First Aid and Adult CPR.
4. Given the short duration of this course, emphasis is placed on hands-on activities, including patient assessment simulations drills as a major learning tool as opposed to long lectures.
5. Students must be at least 16 years old to participate in this course. Those under 18 years of age require the written consent of a parent or guardian.
6. Depending on the certification provider, pre-course readings and workbooks might be required for certification.
7. A lab fee of up to \$200 will be charged for this course, as determined by the instructor.

III. Student Learning Outcomes

Upon successful completion of this course, students will be able to:

1. Assess a patient to identify injuries or illnesses using a patient assessment system.
2. Demonstrate several improvised patient transportation techniques.
3. Identify and then demonstrate appropriate care for various muscle/skeletal injuries, soft tissue injuries, body system illnesses and environmental injuries/illnesses.
4. explain the three main body systems, Circulatory, Respiratory, and Nervous, and identify and treat injuries/illnesses associated with these systems
5. Identify the need for and properly perform Adult CPR or Rescue Breathing according to American Heart Association Guidelines.

IV. Tompkins Cortland Institutional Learning Outcomes; Program Learning Outcomes; SUNY General Education Outcomes

Tompkins Cortland ILOs N/A

Complete this section for “service” courses only (e.g. courses that are required of all students; courses that are not program specific but satisfy liberal arts requirements; or commonly used in multiple academic programs to meet non-program-specific requirements). Check only Institutional Learning Outcomes (ILOs) that are meaningfully developed and assessed in this course. For each ILO chosen, include the SLO to which it aligns.

Students will:

- Communicate effectively, in oral and written forms, taking into consideration audience and purpose.
- Apply principles and methods of scientific inquiry and quantitative reasoning appropriate to their discipline.
- Use information, critical thinking, and the creative process to solve problems and reach conclusions.
- Use technology appropriate to their discipline.
- Describe the ways in which social, economic, or environmental sustainability depends on their own and the collective contributions of a diversity of ideas and people.

Program Learning Outcomes N/A

Complete this section for program-specific courses (e.g. those that share the same 4 letter designation as the academic program or satisfy requirements in related programs). List the academic program(s) here and note which Student Learning Outcomes align to specific Programmatic Learning Outcomes. Please see the MCS Instructions for more details.

Specify the Academic Program

SUNY General Education Outcomes N/A

If this course **assesses** a SUNY GEN ED Outcome, check all that apply and indicate which course outcome(s) address each checked item:

- CRITICAL THINKING - Students will:
 - a. identify, analyze, and evaluate arguments as they occur in their own or others' work; and
 - b. develop well-reasoned arguments.
- INFORMATION MANAGEMENT - Students will:
 - a. perform the basic operations of personal computer use;
 - b. understand and use basic research techniques; and
 - c. locate, evaluate and synthesize information from a variety of sources.

GENERAL EDUCATION CATEGORY - Area(s):

For courses that are approved to meet one (or more) of the ten SUNY General Education categories, indicate which category the course fulfills, and which outcome(s) are aligned with the SUNY outcomes for that category:

This course does not address any of the above Tompkins Cortland ILOs, PLOs, or SUNY General Education Outcomes.

V. Essential Topics/Themes

1. Patient assessment
2. Adult CPR
3. Circulatory, Nervous, and Respiratory Systems
4. Fractures, stable Injuries, joint Injuries and splints
5. Environmental emergencies – hypothermia, hyperthermia, heat/cold illness, lightning injuries, anaphylaxis
6. Soft tissue injuries – Wound and burn care
7. Transporting patients – lifting, moving, extrication, carries
8. Backcountry medicine – various topics

VI. Methods of Assessment/Evaluation

Method	% Course Grade
1. 100% attendance – Students must attend and participate in all class sessions.	P/F
2. Homework Assignments	0-20%
3. Quizzes	0-30%
4. Practical Skills	0-25%
5. Written Final Exam	25-100%
Note: Assessment methods vary among certification providers.	

VII. Texts – Required Used for more than one course (list courses)

1. Wilderness First Aid Text/Guide will vary as required by First Aid provider and course.
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Recommended

1. Isaac, J. <i>The Outward Bound Wilderness First-Aid Handbook</i> . (Current Edition), Falcon Guides. ISBN-13 : 978-0762778584
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VIII. Bibliography of Supplemental Materials

1. Isaac, J. and Johnson, D. <i>Wilderness and Rescue Medicine</i> . (Current Edition), Jones and Bartlett Learning. ISBN-13 : 978-0763789206
2. <i>CPR Guidelines</i> . American Heart Association. (Current Edition)

Editions listed are current as of date of syllabus. More recent editions may be used.

IX. Other Learning Resources

Audiovisual: As provided by the First Aid Provider

Electronic: None specified

Other: None specified

Attendance Policy: *To maintain good grades, regular attendance in class is necessary. Absence from class is considered a serious matter and absence never excuses a student from class work. It is the responsibility of all instructors to distribute reasonable attendance policies in writing during the first week of class. Students are required to comply with the attendance policy set by each of their instructors. Students are not penalized if they are unable to attend classes or participate in exams on particular days because of religious beliefs, in accordance with Chapter 161, Section 224-a of the Education Law of the State of New York. Students who plan to be absent from classroom activity for religious reasons should discuss the absence in advance with their instructors. See college catalog for more information.*

Services for Students with Disabilities: *It is the College's policy to provide, on an individual basis, appropriate academic adjustments for students with disabilities, which may affect their ability to fully participate in program or course activities or to meet course requirements. Students with disabilities should contact the Coordinator of Access and Equity Services, to discuss their particular need for academic adjustments. All course materials are available in alternate formats upon request.*

Academic Integrity: *Every student at Tompkins Cortland Community College is expected to act in an academically honest fashion in all aspects of his or her academic work: in writing papers and reports, in taking examinations, in performing laboratory experiments and reporting the results, in clinical and cooperative learning experiences, and in attending to paperwork such as registration forms.*

Any written work submitted by a student must be his or her own. If the student uses the words or ideas of someone else, he or she must cite the source by such means as a footnote. Our guiding principle is that any honest evaluation of a student's performance must be based on that student's work. Any action taken by a student that would result in misrepresentation of someone else's work or actions as the student's own — such as cheating on a test, submitting for credit a paper written by another person, or forging an advisor's signature — is intellectually dishonest and deserving of censure.

Several degree programs offer student learning opportunities (such as internships, field work, and clinical experiences) outside the standard classroom setting. As part of the learning process, students must understand and engage in conduct that adheres to principles guiding employment within the professional workplace. These behaviors include, but are not limited to, academic integrity, accountability, reliability, respect, use of appropriate language and dress, civility, professional ethics, honesty, and trustworthiness. Disciplinary action may be initiated for inappropriate conduct occurring while participating in any course-related project or event.