Tompkins Cortland Community College

Master Course Syllabus

Course Discipline and Number: HLTH 205 **Year: 2025-2026**

Course Title: First Aid and Safety Education **Credit Hours: 3**

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, rappropriate 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 accommodations. All course materials are available in alternate formats upon request.*

Course Description

This is a study of the typical injuries, illnesses, and emergency situations received in workplace, recreation, home and community, as well as the corresponding first aid skills needed to manage those emergencies until Emergency Medical Services (EMS) personnel arrive. This course emphasizes ways to prevent such scenarios and helps students confront their fears of stepping forward to provide assistance. The corresponding American Red Cross certificate(s) in CPR and First Aid are awarded for additional fee upon satisfactory completion of the requirements. Prerequisites: RDNG 099 if required by placement testing; prior completion or concurrent enrollment in ENGL 100. 3 Cr. (3 Lec.) Fall and spring semesters.

Course Context/Audience

This course is required in the Recreation Leadership A.S. degree program. It may be used to satisfy an unrestricted elective requirement by students who want to become more informed about typical injuries and illnesses as well as about how to prevent and treat them in order to create a safer environment for themselves or their loved ones.

Basic Skills/Entry Level Expectations

Writing:	WC	College level writing skills are required. See course co-requisites or pre-requisites.
Math:	M0	Course requires very little or no math.
Reading:	R2	Before taking this course, students must have a C or better in RDNG 099 or assessment indicating that RDNG 099 was not required.
Other:		Students should be comfortable performing skills in front of other students and the instructor.

Course Goals

As a result of completing this course, students will:

1. Understand the definition of Emergency First Aid and its limitations.
2. Understand when & how to use the Emergency Medical Service systems found in communities.
3. Understand & perform life support methods used at this level of training.
4. Be able to identify hazards & ways to prevent accidents in the workplace, recreation, home and community settings.
5. Develop the ability to identify unsafe situations or situations that pose significant health risks to infants, children, and adults.
6. Obtain First Aid techniques to accommodate a wide variety of injury situations.

7. Be able to improvise when the standard equipment is not available.

Course Objectives/Topics

Objective/Topic	# Hours
Students will know the importance of deciding to take action in an emergency and how to organize a scene of an emergency.	3 Hours
Students will know the key structures in each body system, how each system functions normally, how it interacts with another system, and how to recognize a system failure.	3 Hours
Students will be able to perform a conscious and unconscious victim check.	4 Hours
Students will be able to perform adult and pediatric cardiac emergency care skills.	10 Hours
Students will know the differences between adult and pediatric cardiac emergency care skills.	2 Hours
Students will know how to perform reaching and moving assists on land and in the water.	3 Hours
Students will know the signs/symptoms and perform care for different body part specific injuries.	12 Hours
Students will be able to recognize and care for various special emergency situations. (i.e. poisoning, bites & stings, heat & cold, etc.)	6 Hours
Students will know what basic supplies should be in a first aid kit in order to create one when needed.	2 Hours

General Education Goals - Critical Thinking & Social/Global Awareness

CRITICAL THINKING OUTCOMES	**HOW DOES THE COURSE ADDRESS THE OUTCOMES** (Include required or recommended instructional resources, strategies, learning activities, assignments, etc., that must or could be used to address the goal/outcomes)
Students will be able to ➢ develop meaningful questions to address problems or issues. ➢ gather, interpret, and evaluate relevant sources of information. ➢ reach informed conclusions and solutions. ➢ consider analytically the viewpoints of self and others.	Through the use of lectures, video presentations and classroom simulations, students will learn how to effectively assess an emergency situation. They will learn how to check the scene of an emergency and then the victim(s) to determine if further help is required. Students will learn how to check victims who have life threatening conditions as well as victims with minor injuries or sudden illnesses. They will also learn how to care for these conditions. Additionally, students will be given information on living a healthy lifestyle as well as ways to prevent many common accidents that can cause injury.
SOCIAL/GLOBAL AWARENESS OUTCOMES	**HOW DOES THE COURSE ADDRESS THE OUTCOMES** (Include required or recommended instructional resources, strategies, learning activities, assignments, etc., that must or could be used to address the goal/outcomes)

➢ Students will begin to understand how their lives are shaped by the complex world in which they live. ➢ Students will understand that their actions have social, economic and environmental consequences.	This class is designed to give students the knowledge, skills and confidence needed to respond to an emergency situation. Through the use of lectures, video presentations and classroom interaction, students will learn how to recognize and take action in an emergency. They will learn that their actions, or inactions, can have profound effects on others.

Instructional Methods

The following teaching strategies and skill-practice sessions have been designed by the American Red Cross (revised 2006) in order to address the required course content:
(1) Assigned readings from the ARC Responding to Emergencies, Participant's Manual,
(2) Small and large-group exercises,
(3) Prepared lectures w/handouts,
(4) Problem-solving scenarios,
(5) Skill practice sessions: video demonstrations, instructor-led practice, and reciprocal practice,
(6) ARC required written and skill tests and exams.

Methods of Assessment/Evaluation

Method	% Course Grade
Skill Test Scores (18) - Glove Removal – Checking an Unconscious person (adult, child and infant) - CPR (adult, child and infant) - AED – Automated External Defibrillation (adult, child and infant) - - Conscious Choking (adult, child and infant) – Controlling External Bleeding – Splinting (anatomical, soft, rigid and sling with binder.	66%
Written Test Scores (8) - Before Giving Care - Adult CPR - Child CPR - Infant CPR - First Aid - Adult AED - Child AED - Final Exam	24%
Final Course Project	10%

Text(s)

Responding to Emergencies – Comprehensive First Aid/CPR/AED, American Red Cross, © 2012 ARC Stock No. 656138 Required:

Bibliography

Responding to Emergencies – Comprehensive First Aid/CPR/AED, Instructor's Manual, American Red Cross, (©2012) ARC Stock No.656139.

American Red Cross. Adult First Aid/CPR/AEDReady Reference (©2011) ARC Stock No.656732.

American Red Cross. Pediatric First Aid/CPR Skills Card (©2011) ARC Stock No.656733.

Other Learning Resources

Audiovisual
DVD: Responding to Emergencies: Comprehensive First Aid/CPR/AED DVD, American Red Cross (2011) ARC Stock No. 656140

Electronic
ARC Reference Center - http://www.redcross.org/learn -about-our-programs

ARC Frequently Asked Questions - http://www.redcross.org/help-faq

Other
www.redcross.org or (800) 733-2767

www.ShopStayWell.com or (800) 667-2968

Local ARC -Office:

Tompkins County Red Cross Chapter2 Ascot Pl., Ithaca, NY 14850
273-1900,