

GEORGE MASON UNIVERSITY  
School of Recreation, Health, and Tourism

ATEP 120 – DL3 — First Aid and Emergency Care (2)  
Spring 2016

DAY/TIME:	On-line: asynchronous; Skills: TBD based on students' availability	LOCATION:	Online; Skills: TBD based on students' availability
PROFESSOR:	Ms. Marcie Fyock, MS, ATC	EMAIL ADDRESS:	<a href="mailto:mfyock@gmu.edu">mfyock@gmu.edu</a>
OFFICE LOCATION:	Bull Run Hall 210	PHONE NUMBER:	703-993-7118
OFFICE HOURS:	M/W 10:30-12:00	FAX NUMBER:	703-993-2025

PREREQUISITES/COREQUISITES

None

COURSE DESCRIPTION

Covers emergency management procedures for various injuries and sudden illnesses, including 1- and 2- person CPR, and use of an Automated External Defibrillator (AED) for cardiac emergencies and basic first aid techniques; certification in first aid and CPR.

COURSE OBJECTIVES

Upon successful course completion Students will be able to:

1. Demonstrate all competencies necessary for CPR/AED certification to Emergency Care & Safety Institute standards
2. Operate an Automatic External Defibrillator (AED)
3. Demonstrate all competencies necessary for First Aid for Emergency Care & Safety Institute standards
4. Perform a head to toe survey of a patient and to report information to responding medical personnel
5. Recognize and properly assist in treating breathing emergencies (e.g. choking, asthma) and medical emergencies (e.g. Heart Attack, Stroke, Fainting, Seizures, Shock, and Diabetic emergencies)
6. Demonstrate control of internal and external bleeding and shock in a patient by the use of multiple methods (e.g., direct pressure bandages, elevation, and direct pressure to appropriate pressure points)
7. Identify and provide initial first aid for soft tissue injuries (e.g. laceration, incision, avulsion and amputation injuries), burns (1st, 2nd, and 3rd degree), and musculoskeletal injuries (e.g. dislocations, sprains, and strains)
8. Recognize environmental emergencies (e.g. heat stroke, frost burn, dehydration) and properly treat patients of such emergencies

COURSE OVERVIEW

The course contains both a lecture and practical component. Certification in first aid and CPR will be awarded upon the satisfactory completion of the written and practical course requirements.

DELIVERY METHOD:

This course will be delivered online using an asynchronous format via the Blackboard learning management system (LMS) housed in the MyMason portal. You will log in to the Blackboard

course site using your Mason email name (everything before “@masonlive.gmu.edu) and email password. The course site will be available on January 19, 2016.

#### TECHNICAL REQUIREMENTS:

To participate in this course, students will need the following resources:

- High-speed Internet access with a standard up-to-date browser, either Internet Explorer or Mozilla Firefox. Opera and Safari are not compatible with Blackboard;
- Consistent and reliable access to their GMU email and Blackboard, as these are the official methods of communication for this course.
- Students may be asked to create logins and passwords on supplemental websites and/or to download trial software to their computer or tablet as part of the course requirements.
- The following software plug-ins for PCs and Macs respectively, are available for free downloading by clicking on the link next to each plug-in:
  - Adobe Acrobat Reader: <http://get.adobe.com/reader/>
  - Windows Media Player: <http://windows.microsoft.com/en-US/windows/downloads/windows-media-player>

#### EXPECTATIONS:

- **Course Week:** Because asynchronous courses do not have a “fixed” meeting day, our week will **start** on Monday and **finish** on Sunday.
- **Log-in Frequency:** Students must actively check the course Blackboard site and their GMU email for communications from the instructor, at a minimum this should be 2 times per week.
- **Participation:** Students are expected to actively engage in all course activities throughout the semester, which include viewing of all course materials, completing course activities and assignments, and participating in course discussions and group interactions.
- **Technical Competence:** Students are expected to demonstrate competence in the use of all course technology. Students are expected to seek assistance if they are struggling with technical components of the course.
- **Technical Issues:** Students should expect that they could experience some technical difficulties at some point in the semester and should, therefore, budget their time accordingly. Late work will not be accepted based on individual technical issues.
- **Workload:** Expect to log in to this course **at least three times a week** to read announcements, participate in the discussions, and work on course materials. Remember, this course is **not** self-paced. There are **specific deadlines and due dates** listed in the **CLASS SCHEDULE** section of this syllabus to which you are expected to adhere. It is the student’s responsibility to keep track of the weekly course schedule of topics, readings, activities and assignments due.
- **Advising:** If you would like to schedule a one-on-one meeting to discuss course requirements, content or other course-related issues, and you are unable to come to the Mason campus, we can meet via telephone or web conference. Send me an email to schedule your one-on-one session and include your preferred meeting method and suggested dates/times.

## PROFESSIONAL ASSOCIATION STANDARDS

Further, upon completion of this course, students will meet the following professional accreditation standards:

1. 2010 International Consensus Guidelines for Cardiopulmonary Resuscitation (CPR) and Emergency Cardiac Care (ECC)
2. Commission on Accreditation of Athletic Training Education (CAATE) competencies and proficiencies in one or more of the following content areas: evidence-based practice, prevention and health promotion, clinical examination and diagnosis, acute care of injury and illness, therapeutic interventions, psychosocial strategies and referral, healthcare administration, professional development and responsibility.
3. National Association for Sport and Physical Education (NASPE)  
Domain 2: Safety and Injury Prevention

Standard 5	Prevent Injuries by providing safe facilities
Standard 7	Monitor Environmental conditions and modify participation as needed to ensure the health and safety of participants
Standard 8	Identify physical conditions that predispose athletes to injuries
Standard 9	Recognize injuries and provide immediate appropriate care

## NATURE OF COURSE DELIVERY

Hybrid -including asynchronous on-line materials presentation and live skill practice and evaluation. On-line material can be completed at the student's designated pace, but a course calendar is provided for a suggested timeline for course completion. Skills practice dates and times will be determined upon surveying students to identify optimal opportunities. ***Students are must attend at least one practice session and must attend the skills assessment.***

## SUGGESTED READINGS

Gulli, B., Piazza, G., & Rahm, S.J. (2012). *Health Care Provider CPR, 4<sup>th</sup> Edition*. Jones & Bartlett Learning.

Thygerson AL, (2011). *First Aid, CPR and AED Standard 6<sup>th</sup> Edition*, Jones & Bartlett Learning,

## SPECIAL REQUIREMENT

The student will use issued supplies to practice skills that are taught in the laboratory section of the course as well as access to on-line materials and certification cards. A laboratory fee of \$50.00 for this course was assessed through financial aid.

## EVALUATION

This course will be graded on a point system, with a total of 100 possible points.

### First Aid On-line Materials and Activities

Completion of all on –line activities including associated multiple choice quizzes and exams. Including a copy of the course completion acknowledgement form to be presented at the first skills practice time.

### First Aid Skills Test

This test will evaluate students' ability to perform First Aid and Emergency Care techniques. The student must have the completion certificate in order to complete skill check off.

### CPR On-line Materials and Activities

Completion of all on –line activities including associated multiple choice quizzes and exams. Including a copy of the course completion acknowledgement form to be presented at the first skills practice time.

CPR/AED Skills Test

This will evaluate students' ability to perform Emergency Care & Safety Institute's CPR/AED techniques. The student must have the completion certificate in order to complete skill check off.

Requirements	<i>Points</i>
CPR/AED On-line Materials and Activities	Pass/Fail 25
CPR/AED Skills Test	Pass/Fail 25
First Aid On-line Materials and Activities	Pass/Fail 25
First Aid Skills Test	Pass/Fail 25
<b>TOTAL</b>	<b>100</b>

**\*\*Students MUST earn 80% or greater on each Skills Test to qualify for ECSI certification\*\***

The student's final letter grade will be earned based on the following scale:

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	69-60
F	59-0

TENTATIVE COURSE SCHEDULE

WEEK	TOPIC	ASSIGNMENT
1	Course Intro, First Aid, CPR/AED	-Background Information -Action at an Emergency -Finding Out What's Wrong -CPR -AED -Cardiovascular Emergencies
2	First Aid, CPR/AED	-Bleeding, Wounds -Shock -Burns
3	First Aid, CPR/AED	-Head & Spine Injuries -Chest & Abdominal Injuries -Bone, Joint, Muscle Injuries
4	First Aid, CPR/AED	-Medical Emergencies -Poisoning, Bites & Stings -Heat & Cold Emergencies -Rescuing & Moving Victims
5	First Aid, CPR, AED	-Check Your Understanding  <b><i>*Print certificate upon completion; to be presented to instructor at first skills practice session*</i></b>
5	Health Care Provider CPR	-Emergency Cardiac Care and the Health Care Provider -Understanding the Human body -Patient Assessment -Basic Life Support for Adults and Children
6	Health Care Provider CPR	-Basic Life Support for Infants -Resuscitation Adjuncts -Special Resuscitation Situations -Check Your Understanding <b><i>*Print certificate upon completion; to be presented to instructor at first skills practice session*</i></b>
7	First Aid/CPR/AED Lab First Aid/CPR/AED Skills Test	2 Practice Days- Dates TBD 1 Skill Test Day- Date TBD

*Note: Faculty reserves the right to alter the schedule as necessary.*

## Instructions to purchase and access certification materials for *First Aid, CPR and AED Interactive*

### Instructions to purchase online certification material For *First Aid, CPR and AED Interactive*

1. Go to following website <http://www.ecsinstitute.org/courses/detail.aspx/9781449609542> Purchase now the '*First Aid, CPR and AED Interactive, First Addition*'

**ECSI & SAFETY INSTITUTE**  
Life-Saving Training. Simplified.

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### First Aid, CPR, and AED Interactive

Online Course

**First Aid, CPR, and AED Interactive** is a series of cutting-edge online lectures designed to reinforce the knowledge students learned in the classroom and help them pinpoint any areas of weakness. This interactive resource engages today's students with an exciting and captivating learning experience that is unattainable through traditional printed textbooks or study guides.

**Features and benefits of these online lectures include:**

- In-depth reporting and documentation features to enable instructors to track students' progress and achievements
- A tracking tool that holds students accountable for out-of-the-classroom learning. Students are unable to "fast-forward" through the online lecture slides.
- Both text and audio narration are offered in order to address students' diverse learning styles. The text and audio narrations can be enabled or disabled at any time.
- Anytime, anywhere access that provides total flexibility for certification or refresher training
- A simple, user-friendly interface to ensure that students do not waste time learning how to navigate through the lecture
- A safe and self-paced training environment that allows students to learn at their own convenience and pace
- Affordable pricing for even the most budget-conscious institutions

[Learn more about the Advanced First Aid, CPR, and AED, Sixth Edition training program.](#)

[Learn more about the Standard First Aid, CPR, and AED, Sixth Edition training program.](#)

**Price: \$30.95**  
(Volume discounts available. Contact Us)

**Purchase Now**

2. Click the "To Proceed" Box and then click submit

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#### Skills Testing

Practical Exams are required for the following item being added to your cart:  
First Aid, CPR, and AED Interactive

In order to receive an official certification card for completing this training, you must check for a Skills Testing Location near you to arrange a time to complete the required practical skills exam, and to verify the cost of the separate practical exam.

If you do not find a Skills Testing Location near you, please contact your Jones and Bartlett Public Safety Specialist, as others are joining daily, and a specific Skills Testing Location may not yet have been posted at this time.

No refunds will be issued after purchase if you are unable to find a Skills Testing Location near you.

To proceed, you must check the box to the left to verify that you understand and accept the terms listed above.

\*Note: pressing cancel will prevent this item from being added to your cart.

**Submit**

3. Enter "esu13" in promotion code box and click Apply to Order to receive discount

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**Checkout**

Quantity	Unit Price	Total
1	\$30.95	\$30.95

Promotion code: **esu13** **Apply**

**Customer Service Information**

If you need any type of assistance with your order, or wish to complete your order offline by phone or fax, you can contact our customer service department.

Customer service can be contacted weekdays from 8:30 A.M. to 5:00 P.M. EST, by calling toll-free 800-832-0034 ext. 8197.

You can also E-mail [customerservice@blearning.com](mailto:customerservice@blearning.com) at any time.

**Helpful Shopping Cart Links**

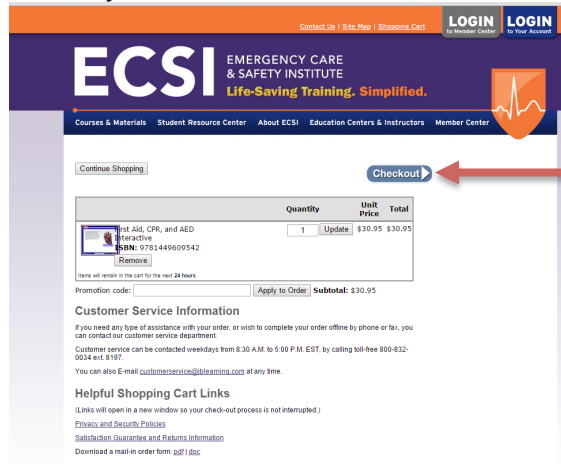
(Links will open in a new window so your check-out process is not interrupted.)

[Privacy and Security Policies](#)

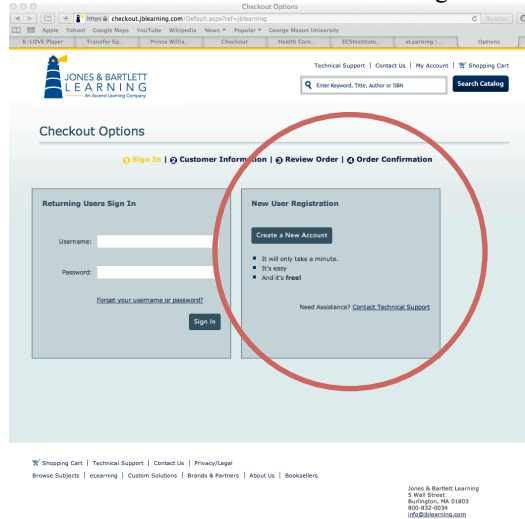
[Satisfaction Guarantee and Returns Information](#)

[Download a mail-in order form. pdf | doc](#)

4. Confirm you have the correct course and then click 'Checkout'



5. You will need to create a 'New User Registration'



6. Complete your information and review your order for First Aid, CPR, and AED Interactive. Once you have confirmed and placed your order an access code with instructions will be sent to your email account. Follow the instructions in the email sent to you.

## Instructions to purchase and access certification materials for Health Care Provider CPR

1. Go to the following website <http://www.ecsinstitute.org/courses/detail.aspx/9781449609566> and purchase now 'Health Care Provider CPR'

The screenshot shows the ECSI website interface for the 'Health Care Provider CPR Interactive' course. The page includes a navigation bar with links for 'Courses & Materials', 'Student Resource Center', 'About ECSI', 'Education Centers & Instructors', and 'Member Center'. The main content area features a course description, a list of features and benefits, and a 'Purchase Now' button. A red arrow points to the 'Purchase Now' button. Below the course description, there is a section for 'For Students' with a 'Purchase' button for the 'RCP Para Proveedores de Salud Interactivo'.

2. Click the "To Proceed" box, then click submit

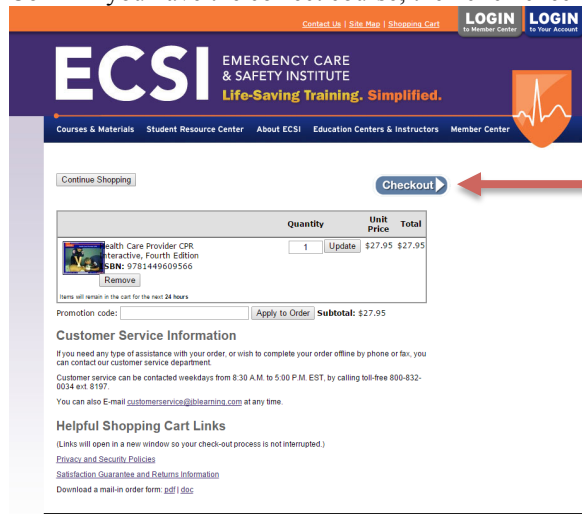
The screenshot shows the 'Skills Testing' dialog box on the ECSI website. The dialog box contains information about the required skills testing for the course. A red arrow points to the 'To Proceed' checkbox, which is currently unchecked. The dialog box also includes a 'Submit' button and a 'Cancel' button.

3. Enter "esu13" in promotion code box and click Apply to Order to receive discount

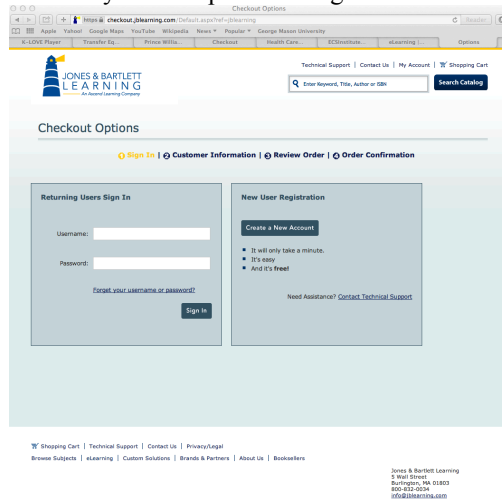
The screenshot shows the checkout process on the ECSI website. The 'Promotion code' field contains 'esu13'. A red arrow points to the 'Apply to Order' button. The page also displays a shopping cart table with one item: 'First Aid, CPR, and AED Interactive' with a unit price of \$30.95 and a total of \$30.95. Below the cart, there is a 'Customer Service Information' section and a 'Helpful Shopping Cart Links' section.



4. Confirm you have the correct course, then click checkout



5. If you have already purchased First, Aid, CPR, and AED Interactive you can use the same sign in. If this is your first purchase register as a new user



6. Complete your information and review your order for Health Care Provider CPR. Once you have confirmed and placed your order an access code with instructions will be sent to your email account. Follow the instructions in the email sent to you

**NOTE: At the end of the course you will be able to print a completion certificate for First Aid, CPR, AED and Health Care Provider CPR...YOU MUST PRINT THE 2 CERTIFICATES AND BRING THEM TO CLASS TO COMPLETE THE SKILLS PORTION OF THE EXAM!!!!**

### *Student Expectations*

- Students must adhere to the guidelines of the George Mason University Honor Code [See <http://oai.gmu.edu/honor-code/>].
- Students with disabilities who seek accommodations in a course must be registered with the George Mason University Office of Disability Services (ODS) and inform their instructor, in writing, at the beginning of the semester [See <http://ods.gmu.edu/>].
- Students must follow the university policy for Responsible Use of Computing [See <http://universitypolicy.gmu.edu/policies/responsible-use-of-computing/>].
- Students are responsible for the content of university communications sent to their George Mason University email account and are required to activate their account and check it regularly. All communication from the university, college, school, and program will be sent to students solely through their Mason email account.
- Students must follow the university policy stating that all sound emitting devices shall be turned off during class unless otherwise authorized by the instructor.

### *Campus Resources*

- The George Mason University Counseling and Psychological Services (CAPS) staff consists of professional counseling and clinical psychologists, social workers, and counselors who offer a wide range of services (e.g., individual and group counseling, workshops and outreach programs) to enhance students' personal experience and academic performance [See <http://caps.gmu.edu/>].
- The George Mason University Writing Center staff provides a variety of resources and services (e.g., tutoring, workshops, writing guides, handbooks) intended to support students as they work to construct and share knowledge through writing [See <http://writingcenter.gmu.edu/>].
- For additional information on the College of Education and Human Development, School of Recreation, Health, and Tourism, please visit our website [See <http://rht.gmu.edu/>].

PROFESSIONAL BEHAVIOR: Students are expected to exhibit professional behaviors and dispositions at all times.

CORE VALUES COMMITMENT: The College of Education and Human Development is committed to collaboration, ethical leadership, innovation, research-based practice, and social justice. Students are expected to adhere to these principles.

