

University of Wisconsin-Madison
Department of Kinesiology

Kines 742-116 First Aid and Basic Life Support

Instructor: Dan Timm, 1043 Gym-Nat, 262-7714, e-mail: dtimm@education.wisc.edu
Office Hours: MTWR 2:30-3:30
Class Schedule: Section 001, MW 9:30-10:45; Section 002, MW 11:00-12:15
Both sections meet in 1108 Gymnasium-Natatorium

Purpose of Course: The purpose of this course is to provide the professional rescuer with the knowledge, analytical skills, and physical skills necessary in an emergency to help sustain life, reduce pain, and minimize the consequences of injury or medical emergency.

Course Objectives: At the conclusion of this course, participants should be able to —

- Know how to take action to provide emergency care.
- Identify the signs and symptoms of breathing emergencies, including choking, and demonstrate how to give ventilations and first aid for choking.
- Recognize the signs and symptoms of a possible heart attack, and describe how to care for someone who is experiencing signals of a heart attack.
- Identify the signs of cardiac arrest, and demonstrate how to provide care through cardiopulmonary resuscitation (CPR) and the use of an automated external defibrillator (AED).
- Identify the signs and symptoms of shock, and describe how to minimize its effects.
- Identify life-threatening bleeding, and demonstrate how to control it.
- Identify the signs and symptoms of various soft tissue and musculoskeletal injuries, and demonstrate how to care for them.
- Identify the signs and symptoms of medical emergencies, including sudden illnesses, poisoning, bites and stings, and heat and cold emergencies, and describe how to care for them.
- Describe when to move a victim in an emergency situation and demonstrate various rescue moves.

Required Texts: Two textbooks are required for the course...

CPR/AED for Professional Rescuers and Health Care Providers, American Red Cross, 2011, available at

http://www.instructorscorner.org/landing/cpraed_handbook/

View online or download at no charge.

OR

https://www.shopstaywell.com/OA_HTML/ibeCCTpItmDspRte_arr.jsp?section=17902&item=1096409&JSerSessionIdrootistore3=fsz9impjt1.olbOpR9zaMTNr65TrQjGp2TxpQOUtxCLbx0Ka0--&dbprod_prod=UJd9ybfgyvsvmiY_hj9hI1u6:S&dbprod_prod_pses=ZG9C5120A90993639642CC5E1DE649911F27FC38B589BCE817733F4F62F0008E4A06A2D92772D56FB02DFCBDE098F7AC072A35335A7B0811FCD67D3301C6000B31

Textbook \$5.95

AND

Responding to Emergencies: Comprehensive First Aid/CPR/AED, American Red Cross, 2012, available at

https://www.shopstaywell.com/OA_HTML/ibeCCTpItmDspRte_arr.jsp?utm_medium=BuyNowButton-RTETextbook&item=1284409&utm_source=instructorscorner.org&utm_campaign=RTE&dbprod_prod=KAWGrXcn-yPwUlwKN7Z-3i9:S&dbprod_prod_pses=ZG0A05D858C5154CCD9BD71BB50C7192FA114D27EA6006D89FF83579D54D62B1587F84491DFF68C25921D63E9FC4A2D2FCFAB70DD657975A471745CA57A142D8B8

Textbook \$49.95

OR (next page)

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E-Textbook \$24.95

Required Supplies: Resuscitation Masks and Training Kit

Evaluation for Academic Grade:	Written Tests (2)	100 pts	Percentage Breakdown	
	Scenarios (15)	150 pts	A	93% - 100% 353-380 pts
	Skill Tests		AB	89% - 92% 338-352 pts
	Adult CPR, Ventilations, Airway Obstruction	40 pts	B	83% - 88% 315-337 pts
	Infant CPR, Ventilations, Airway Obstruction	40 pts	BC	79% - 82% 300-314 pts
	Controlling Bleeding	10 pts	C	70% - 78% 266-299 pts
	Splinting (4)	<u>40 pts</u>	D	60% - 69% 228-265 pts
		380 pts	F	0% - 59% 0-227 pts

American Red Cross Certification: Certification standards require 80% competency on both written tests and all skills and 90% attendance.

Health & Safety Precautions: Students with medical conditions such as respiratory problems, heart condition, pregnancy, or back problems must talk with the instructor before participating in the physical aspects of the course. Before any skill session, all students should wash their hands with soap and water.

Accommodations Statement: Your success in this course is important. If there are circumstances that may affect your performance in class, please let the instructor know so a plan can be developed for you to have opportunities to be successful. Students requiring special accommodation related to a learning need should contact the McBurney Disability Resource Center, 1305 Linden Drive, 263-2741, for information and assessment.

Academic Integrity: The University of Wisconsin is a highly respected institution of higher education. To help maintain the reputation of the university, and ultimately the credibility of your degree, you are expected to demonstrate academic integrity during this course. Please review the university's statement on academic integrity at <http://students.wisc.edu/doso/academicintegrity.html> and information regarding academic integrity for students at <http://students.wisc.edu/doso/students.html>

Examples of academic misconduct include:

- * Seeking to claim credit for the work or efforts of another without authorization or citation
- * Using unauthorized material or fabricating data in any academic exercise
- * Forging or falsifying academic documents or records
- * Intentionally impeding or damaging the academic work of others
- * Engaging in conduct aimed at making false representation of a student's academic performance
- * Assisting other students in any of these acts

Unless otherwise indicated by the instructor, all assignments are to be completed independently without consultation with others.

Class Schedule:

September 4	Introduction to Course Health Precautions, RTE p. xix	October 28	* Adult Two-Rescuer CPR, CPR/AED p.17, 38-39 Using a Bag-Valve-Mask Resuscitator, CPR/AED p. 28-29 Infant Two-Rescuer CPR, CPR/AED p. 38-39
September 9	If Not You...Who? RTE Chapter 1 The Duty to Respond, CPR/AED, p. 2-3 Preventing the Spread of Bloodborne Pathogens, CPR/AED p. 3-5 Taking Action, CPR/AED p.5 Calling EMS, RTE p. 20-22	October 30	* Automated External Defibrillation, CPR/AED p. 17-19, 40-41
September 11	* Scene Size-Up, CPR/AED p. 6 Primary Assessment, CPR/AED, p. 6-7, 22-25 Recovery Positions, CPR/AED p. 9, 26	November 4	<i>Written Test (Assessment and Basic Life Support)</i>
September 16	* Checking a Conscious Person, RTE p. 77-81 Triage	November 6	Responding to an Emergency, RTE Chapter 2 Review notes from September 16 Shock, RTE Chapter 9 Bleeding, RTE Chapter 8 Soft Tissue Injuries (Wounds), RTE p. 177-189
September 18	* Breathing Emergencies (Respiratory Distress, Respiratory Arrest), CPR/AED p. 10-11, RTE p. 306-310, 313-314 Giving Ventilations (Adult and Child), CPR/AED p. 12, 27 <i>Assessment Scenarios Due</i>	November 11	* Controlling Bleeding Skill Test Soft Tissue Injuries (Burns), RTE p. 189-197
September 23	* Breathing Emergencies (Unconscious Adult and Child Airway Obstruction), CPR/AED p. 34-35	November 13	Musculoskeletal Injuries, RTE Chapter 11 Injuries to the Extremities, RTE Chapter 12
September 25	* Breathing Emergencies (Conscious Adult and Child Airway Obstruction), CPR/AED p. 12-13, 30-31	November 18	* Splinting Skill Practice
September 30	* Primary Assessment and Breathing Emergencies (Infant), CPR/AED p. 24-25, 27, 34-35, 32-33, 26	November 20	* Injuries to the Head, Neck, and Back, RTE Chapter 13 * Injuries to the Chest, Abdomen, and Pelvis, RTE Chapter 14
October 2	* Cardiac Emergencies (Heart Attack, Cardiac Arrest, Adult CPR), CPR/AED p. 13-16, 36-37	November 25	Sudden Illnesses, RTE Chapter 15 <i>Injuries Scenarios Due</i>
October 7	* Cardiac Emergencies (Infant CPR), CPR/AED p. 16, 36-37	November 27	Poisoning, RTE Chapter 16 Substance Misuse and Abuse, RTE Chapter 18 Bites and Stings, RTE Chapter 17
October 9	* Cardiac Emergencies (Child CPR), CPR/AED p. 16, 36-37	December 2	* Splinting Skill Practice
October 14	* Basic Life Support Skills Practice	December 4	Heat and Cold Emergencies, RTE Chapter 19
October 16, 21, 23	* Adult Giving Ventilations, Airway Obstruction, and CPR Skill Tests Infant Giving Ventilations, Airway Obstruction, and CPR Skill Tests	December 9	* Reaching and Moving Victims, RTE p. 35-39, Chapter 20 People with Special Needs, RTE Chapter 21 <i>Medical Emergencies Scenarios Due</i>
		December 11	<i>Written Test (First Aid)</i>
			* Final Exam (Splinting Skills Test) Section 1 (9:30-10:45 class): Wednesday, December 18, 10:05 am Section 2 (11:00-12:15 class): Friday, December 20, 12:25 pm

* Indicates skill session (practice and/or testing)