

University of Wisconsin-Madison
Department of Kinesiology

Kines 742-116 First Aid and Basic Life Support (2 credits)

Instructor: Dan Timm, 1043 Gym-Nat, 262-7714, e-mail: dtimm@education.wisc.edu
Office Hours: MW 3:30-4:30, TR 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 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.
- Describe how to handle an emergency situation resulting from a disaster or occurring in a remote or wilderness location.

Required Texts: Two textbooks are required for the course. The textbooks are available at University Book Store or can be purchased according to the instructions below.

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

https://www.shopstaywell.com/OA_HTML/ibeCCtpItmDspRte_arr.jsp?section=17902&item=1096409&JSerVSessionIdrootstore1=3iirqhbtd1.olbOpR9zagTNR65TrQjGp2TxpQOUtxCLbx0Ka0--&dbprod_prod=5_5qSb-JAU7WB5nrG0GfgOpv:S&dbprod_prod_pses=ZG9DDDFECC9CBD28AAEB3BED7A1B82562B750509AB1CCFE1EF5588AB9146F42684AD7A91CA86B6EB2992938F5694C3743DAC1A819B1D436369667962FA384A2987

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?item=1284409&ksw001_kswp=GAKTYLZFOYIhyuf6v_KfHjrH:S&ksw001_kswp_pses=ZG85087B051EDB6C6F18B51F5E2A6436BBD4A04901DD906D84CA06DB5E91815830F101691BBA1D3157A31FFB9994F540872114B537802E4DA280FEE06ECADF9AB3

Textbook \$49.95

or (next page)

https://www.shopstaywell.com/OA_HTML//ibeCCtpItmDspRte_arr.jsp?utm_medium=BuyNowButton-RTEe-Textbook&item=1300409&utm_source=instructorscorner.org&utm_campaign=RTE&dbprod_prod=iWSEWGVifxLCS8XPQsfVKQ61:S&dbprod_prod_pses=ZG163C1F399B9BFE6245C5EC2936370178DA2B37599B1F8608478C6F2EB00ED32AFA05709D1076AA637DAFF9BB43BE38F6185C0AF28D3F06C771A094F72BF51C36

E-Textbook \$24.95

Required Supplies: Resuscitation Masks and Training Kit

Evaluation for	Written Tests (2)	100 pts	Percentage Breakdown	
Academic Grade:	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:

January 21	Introduction to Course Health Precautions, RTE p. xix	March 16	* Automated External Defibrillation, CPR/AED p. 17-19, 40-41
January 26	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 Calling EMS, RTE p. 20-22	March 18	<i>Written Test (Assessment and Basic Life Support)</i>
January 28	* Taking Action, CPR/AED p. 5 Scene Size-Up, CPR/AED p. 6 Primary Assessment, CPR/AED, p. 6-7, 22- 25 Recovery Positions, CPR/AED p. 9, 26	March 23	Responding to an Emergency, RTE Chapter 2 Review notes from February 2 - Checking a Conscious Person Shock, RTE Chapter 9 Bleeding, RTE Chapter 8 Soft Tissue Injuries (Wounds), RTE p. 177-189
February 2	* Checking a Conscious Person, RTE p. 77-81 Triage	March 25	* Controlling Bleeding Skill Test Soft Tissue Injuries (Burns), RTE p. 189-197
February 4	* 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>	April 6	Musculoskeletal Injuries, RTE Chapter 11 Injuries to the Extremities, RTE Chapter 12
February 9	* Breathing Emergencies (Unconscious Adult and Child Airway Obstruction), CPR/AED p. 34-35	April 8	* Splinting Skill Practice
February 11	* Breathing Emergencies (Conscious Adult and Child Airway Obstruction), CPR/AED p. 12-13, 30-31	April 13	* Injuries to the Head, Neck, and Back, RTE Chapter 13 * Injuries to the Chest, Abdomen, and Pelvis, RTE Chapter 14
February 16	* Primary Assessment and Breathing Emergencies (Infant), CPR/AED p. 24-25, 27, 34-35, 32-33, 26	April 15	Sudden Illnesses, RTE Chapter 15 <i>Injuries Scenarios Due</i>
February 18	* Cardiac Emergencies (Heart Attack, Cardiac Arrest, Adult CPR), CPR/AED p. 13-16, 36-37	April 20	Poisoning, RTE Chapter 16 Substance Misuse and Abuse, RTE Chapter 18 Bites and Stings, RTE Chapter 17
February 23	* Cardiac Emergencies (Infant CPR), CPR/AED p. 16, 36-37	April 22	Heat and Cold Emergencies, RTE Chapter 19
February 25	* Cardiac Emergencies (Child CPR), CPR/AED p. 16, 36-37	April 27	* Reaching and Moving Victims, RTE p. 35-39, Chapter 20 People with Special Needs, RTE Chapter 21 <i>Medical Emergencies Scenarios Due</i>
March 2, 4, 9	* Adult Giving Ventilations, Airway Obstruction, and CPR Skill Tests Infant Giving Ventilations, Airway Obstruction, and CPR Skill Tests	April 29	Disaster, Remote, and Wilderness Emergencies, RTE Chapter 23
March 11	* 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	May 4	* Splinting Skill Practice
		May 6	<i>Written Test (First Aid)</i>
			* Final Exam (Splinting Skills Test) Section 1 (9:30-10:45 class): Thursday, May 14, 10:05 am Section 2 (11:00-12:15 class): Thursday, May 14, 5:05 pm
			* Indicates skill session (practice and/or testing)

