**UNIVERSITY OF MINNESOTA-DULUTH**  
**HLTH 1600 – BASIC FIRST AID (2 Credits)**

**SphC 21**  
Section 3:  1:00 – 1:50 p.m.  Mon/Wed  
Section 4:  2:00 – 2:50 p.m.  Mon/Wed

**Basic First Aid Course Description:**

To develop skills and knowledge to respond correctly in first aid emergencies within the home and community. Leads to the American Red Cross certificate and includes the certificate for one person CPR, infant, child and adult.

**INSTRUCTOR:** Betty Fleissner  
**OFFICE:** BohH 31  
**E-mail:** bfleiss1@d.umn.edu  
**Phone:** 726-8276 (Leave message)  
**Website:** ~bfleiss1

**INSTRUCTOR:** Betty Fleissner  
**OFFICE:** BohH 31  
**E-mail:** bfleiss1@d.umn.edu  
**Phone:** 726-8276 (Leave message)  
**Website:** ~bfleiss1

**OFFICE HOURS:** 11- Noon (M-W-F), 3:00-4:00 p.m. (M-W) and by appointment!

**COURSE OBJECTIVES:**

1. To explain how the EMS system works and how to access it  
2. To understand basic body systems at they relate to emergency conditions.  
3. To recognize signs and symptoms of an injury or illness condition.  
4. To know when it is appropriate to move a patient  
5. To identify and care for choking and breathing emergencies.  
6. To identify and care for a cardiac emergency.  
7. To recognize healthy lifestyle choices to prevent possible illness or injury.

**REQUIRED TEXT & EQUIPMENT:**


**TENTATIVE CLASS CALENDAR:**

Course orientation, Introduction, Citizen Responder and the EMS system, Responding to emergencies. (Chapters 1,2) First Aid kit assignments will be handed out. Due on or before Week #12. (Optional – 25 pts.)

Assessment, Body systems, Checking the Victim. Chapters: 3,4.


Bleeding and Shock. Chapters 7,8.

Soft tissue injuries, Musculoskeletal injuries, Injuries to the extremities. Chapters 9,10,11 Practical (25 Pts.) – Splinting and Bandaging.

**Mid-term exam. (100 Pts.)** Chapters 1 -- 11, include lectures and handouts. Return tests

**SPRING BREAK MARCH 17 – 21, SAFE TRAVELS!**

Reaching and Moving victims, splinting and bandaging. Situations

Sudden illness, Poisoning, Substance, abuse and misuse. Chapters 14, 15, 17.

People with special needs, Childbirth, When help is delayed. Chapters 20, 21, 22.

Healthy lifestyles. Chapter 23.

**PRACTICAL - 25 Pts. Hands-on/ 25 Pts. Written**

**FINAL WRITTEN EXAM 100 Pts. (Chapters 12-23, TBA).** Will include chapters, lectures and handouts.

**EVALUATION:** GRADES WILL BE BASED ON THE FOLLOWING ITEMS:

**TESTS:**

- **2 @ 100 Points each**
  - #1 - See chapters above, lectures and handouts
  - #2 - See chapters above, lectures and handouts

- **Written CPR test @ 55 Points**

- **Practical (Written/Hands-on) (25/25)**

- **Practical CPR (25), Splinting/Bandaging (25)**

**FIRST AID KIT (OPTIONAL) (up to 25 points)**

First Aid Kit not included in total points!

**GRADING:** (355 Points) (Plus or minus will be factored in accordingly)

- A 93% 330 Points
- B 85% 302
- C 77% 273
- D 70% 249
- F Below 69% 245

**FIRST AID KIT:** ASSIGNMENT FOR THIS WILL BE HANDED OUT THE FIRST DAY OF CLASS. THIS ASSIGNMENT IS DUE ON OR BEFORE WEEK 12 OF THE SEMESTER. IT IS OPTIONAL AND WORTH 25 POINTS. IT IS NOT A PART OF THE TOTAL POINTS IN THE GRADING CURVE. NOT A BAD “INVESTMENT”!

**NOTES:**

ATTENDANCE WILL BE TAKEN. AFTER A COUPLE CLASSES, I WILL GET TO KNOW YOU AND THUS HAVE NO DIFFICULTY TAKING ATTENDANCE WITHOUT ASKING FOR NAMES! ANY STUDENT WITH MORE THAN TWO UNEXCUSED ABSENCES WILL NOT QUALIFY FOR THE AMERICAN RED CROSS RESPONDING TO EMERGENCY CERTIFICATE AND I WILL ALSO DEDUCT 10 POINTS PER ABSENCE. IF A “PERFECT” ATTENDANCE IS ATTAINED, AN ADDITIONAL 15 POINTS MAY BE ADDED TO YOUR SCORE! INSTRUCTOR DISCRETION WILL BE APPLIED.

A COURSE GRADE OF “C” OR BETTER MUST BE EARNED TO QUALIFY YOU TO RECEIVE THE RED CROSS CERTIFICATION.

75% OR HIGHER IS NEEDED ON THE PRACTICAL EXAMS TO QUALIFY YOU TO RECEIVE THE RED CROSS CERTIFICATION.
NO MAKE-UP TESTS WILL BE GIVEN UNLESS YOU MAKE PRIOR ARRANGEMENTS WITH ME AND ONLY IN CASES OF EMERGENCIES.

INDIVIDUALS WHO HAVE DISABILITIES, EITHER PERMANENT OR TEMPORARY, WHICH MAY AFFECT THEIR ABILITY TO PERFORM IN THE COURSE ARE STRONGLY ENCOURAGED TO INFORM THE INSTRUCTOR AT THE START OF THE SEMESTER. ADAPTIONS OF METHODS, MATERIALS, OR TESTING MAY BE MADE AS REQUIRED TO PROVIDE EQUITABLE PARTICIPATION.

WRITTEN TESTS OR PRACTICALS MUST BE LEGIBLE OR POINTS WILL BE DEDUCTED AT THAT TIME.

CELL PHONES MUST BE OFF DURING CLASS TIME!

I HOPE TO INCORPORATE NEW TECHNOLOGY DURING THE SEMESTER WHEN I AM “UP AND RUNNING”! GRADEKEEPER TO BE PRECISE AND POSSIBLY TEST PILOT ON THE WEB. I WILL KEEP YOU POSTED....