

HEDU 2000 - First Aid and CPR

SPRING SEMESTER 2021

CLASS TIME AND LOCATION

Skills Labs will be held in Stewart 114

INSTRUCTOR INFORMATION



Les Chatelain

Director of Emergency Programs

801-581-4512 *email* | *website*

Department of Health, Kinesiology, and Recreation

(<https://health.utah.edu/health-kinesiology-recreation/>)

Stewart Building room 117B

TEACHING ASSISTANT INFORMATION

Be sure to get contact information from your TA in the skills lab.

Matt Haberman, Darby Dehart, Denyse Davis

COURSE DESCRIPTION

This course prepares students to care for injured and ill patients in a setting where professional responders are likely to arrive within thirty minutes. A wide variety of problems are covered but care focuses on the initial care until EMS arrives.

PRE- OR CO-REQUISITES

None

REQUIRED MATERIAL

Textbook - First Aid, CPR and AED (Standard), ISBN-978-1-284-04161-3

Rescue Breathing Mask - Can be purchased from us in Stewart 102 or from any first aid supply company. Be sure to get the mask, not a shield.

STUDENT LEARNING OUTCOMES

By the end of this course, you will be able to:

- Recognize emergency situations on exams and in real life.
- Activate EMS in a variety of settings.
- Assess the patient.
- Provide appropriate care for patients.

TEACHING AND LEARNING METHODS

This is a hybrid class incorporating a variety of learning methods. You will be expected to do the assigned reading, view the online lectures and attend and participate in the skills labs. There will be many opportunities to apply and/or demonstrate your knowledge and skills through case-studies and practical scenarios.

LEARNING ASSESSMENTS

Your grade will be based on the following assessments:

4 written exams worth 100 points each. (your lowest exam score will be dropped)

Lab Assessments including written and skills quizzes, a CPR exam and a final skills exam. Total points from skills lab is 100 points.

Further explanation will be provided in class.

GRADE SCHEME

Total points earned on written exams and in skills labs will be converted to a percent and applied to the following scale. Remember that one of the four written exams will be dropped. The final score from skills lab assessments will be the percent earned from all assessments.

The following grading standards will be used in this class:

Grade	Range
A	100 % to 93.5%
A-	89.5 % to 93.5%
B+	86.5 % to 89.5%
B	83.5 % to 86.5%
B-	79.5 % to 83.5%
C+	76.5 % to 79.5%
C	73.5 % to 76.5%
C-	69.5 % to 73.5%
D+	66.5 % to 69.5%
D	64.5 % to 66.5%
D-	63.5 % to 64.5%
F	0% to 63.5%

COURSE POLICIES AND RESPONSIBILITIES

INFORMED PARTICIPATION

All students should be aware that by continued registration in this class you are recognizing certain risks inherent with the subject matter and laboratory setting and voluntarily participating in these activities. Possible risks include but are not limited to injuries due to tripping, falls, lifting, carrying, exposure to infectious diseases, and other risks associated with an activity class where students practice first aid skills on manikins and each other.

ATTENDANCE

Attendance at all skills labs is required. If you anticipate missing a skills lab you must make prior arrangements to attend one of your lab instructor's other labs. Quizzes may not be made up. If you miss lab or are late and miss a quiz you will receive no credit for that quiz. Lab instructors are not expected to reteach information missed while absent.

APPROPRIATE CLOTHING AND HYGIENE

Crack is a serious problem in the skills labs. No, not the kind you snort or smoke, the kind that sneaks out of your clothes. The skills labs involve activities where you will be laying on the ground, kneeling, bending over and being active. Loose fitting pants and shirts expose crack which is not appropriate. If you need to wear a dress or skirt, please bring and wear shorts underneath it. And while we are discussing this, you will be active so showers and deodorant are appreciated.

CERTIFICATION

Nationally recognized certification in first aid, CPR and AED are available from this class through the Emergency Care and Safety Institute. To be eligible for certification you must earn a C (not a C-) in the class and remediate any problems in the CPR exam.

TESTING

Written exams will be taken online through Canvas.. Make-up exams will not be available. If you miss a written exam, that becomes the one that you drop. If you miss two exams you will receive no score on the second and a zero will be used for calculating your grade. Early exams will only be given in cases mandated by University policy.

The final skills exam will be given outside of class time. This exam requires bringing in mock patients, doing make-up and significant set up. You will be provided with the date and time the first in the first class. Plan to attend this exam. Alternatives will not be available except in extreme cases and must be authorized by Les at his discretion.

UNIVERSITY POLICIES

COVID-19 Campus Guidelines

Students are required to self-report if they test positive for COVID-19. To report, please contact:

COVID-19 Central @ The U

 801-213-2874

 [coronavirus.utah.edu \(https://coronavirus.utah.edu/\)](https://coronavirus.utah.edu/)

To reduce the spread of COVID-19 on campus, **face coverings are required in all in-person classes for both students and faculty.** Face coverings are required to cover both your mouth and your nose. Please note that face shields alone are not an acceptable form of face covering unless also worn with a covering or mask for the nose and mouth.

Based on CDC guidelines, the University requires everyone to wear face coverings in shared public spaces on campus, including our classroom. As a reminder, when I wear a face covering, I am protecting you. When you wear a face covering, you are protecting me and all of your classmates. If you forget your face covering, I will ask you to leave class to retrieve it. **If you repeatedly fail to wear a face covering in class, I will refer you to the Dean of Students for a possible violation of the Student Code.**

Note that some students may qualify for accommodations through the Americans with Disabilities Act (ADA). If you think you meet these criteria and desire an exception to the face covering policy, contact the **Center for Disability and Access** (<https://t.e2ma.net/click/vlufyz/js70keu/biauqte>) (CDA). Accommodations should be obtained prior to the first day of class so that I am notified by CDA of any students who are not required to wear a face covering.

If you believe you meet these criteria, contact:

Center for Disability & Access

☎ 801-581-5020

🌐 [disability.utah.edu \(https://disability.utah.edu/\)](https://disability.utah.edu/)

📍 162 Union Building

200 S. Central Campus Dr.

Salt Lake City, UT 84112

Everyone is encouraged to wash their hands, use hand sanitizer, and clean their desks with wipes, which will be available at classroom entrances and at “sanitizing stations” in multi-use buildings, including Marriott Library. Read more information about the building cleaning schedule on coronavirus.utah.edu (<https://coronavirus.utah.edu/>).

Drop/Withdrawal Policies

Students may drop a course within the first two weeks of a given semester without any penalties.

Students may officially withdraw (W) from a class or all classes after the drop deadline through the midpoint of a course. A “W” grade is recorded on the transcript and appropriate tuition/fees are assessed. The grade “W” is not used in calculating the student’s GPA.

For deadlines to withdraw from full-term, first, and second session classes, see the U's **Academic Calendar** (<https://registrar.utah.edu/academic-calendars/index.php>).

Plagiarism & Cheating

It is assumed that all work submitted to your instructor is your own work. When you have used ideas of others, you must properly indicate that you have done so.

Plagiarism and cheating are serious offenses and may be punished by failure on an individual assignment, and/or failure in the course. Academic misconduct, according to the University of Utah Student Code,

"...Includes, but is not limited to, cheating, misrepresenting one's work, inappropriately collaborating, plagiarism, and fabrication or falsification of information...It also includes facilitating academic misconduct by intentionally helping or attempting to help another to commit an act of academic misconduct."

For details on plagiarism and other important course conduct issues, see the U's [Code of Student Rights and Responsibilities](http://regulations.utah.edu/academics/6-400.php) [_\(http://regulations.utah.edu/academics/6-400.php\)_](http://regulations.utah.edu/academics/6-400.php).

Course Materials Copyright

The Content is made available only for your personal, noncommercial educational and scholarly use. You may not use the Content for any other purpose, or distribute, post or make the Content available to others, unless you obtain any required permission from the copyright holder. Some Content may be provided via streaming or other means that restrict copying; you may not circumvent those restrictions. You may not alter or remove any copyright or other proprietary notices included in the Content.

Please see the [Code of Student Rights and Responsibilities](https://regulations.utah.edu/academics/6-400.php) [_\(https://regulations.utah.edu/academics/6-400.php\)_](https://regulations.utah.edu/academics/6-400.php), Section III.A.5 regarding use and distribution of class Content and materials.

<https://regulations.utah.edu/academics/6-400.php> [_\(https://regulations.utah.edu/academics/6-400.php\)_](https://regulations.utah.edu/academics/6-400.php)

Section III.A.5. prohibits the following:

Sale or distribution of information representing the work product of a faculty member to a commercial entity for financial gain without the express written permission of the faculty member responsible for the course. ("Work product" means original works of authorship that have been fixed in a tangible medium and any works based upon and derived from the original work of authorship.)

Safety at the U

The University of Utah values the safety of all campus community members. You will receive important emergency alerts and safety messages regarding campus safety via text message.

For more information regarding safety and to view available training resources, including helpful videos, visit safeu.utah.edu [_\(http://safeu.utah.edu\)_](http://safeu.utah.edu).

To report suspicious activity or to request a courtesy escort, contact:

Campus Police & Department of Public Safety

 801-585-COPS (801-585-2677)

 dps.utah.edu [_\(https://dps.utah.edu\)_](https://dps.utah.edu)

 1735 E. S. Campus Dr.
Salt Lake City, UT 84112

Wellness at the U

Your personal health and wellness are essential to your success as a student. Personal concerns like stress, anxiety, relationship difficulties, depression, or cross-cultural differences can interfere with a student's ability to succeed and thrive in this course and at the University of Utah.

Please feel welcome to reach out to your instructor or TA's to handle issues regarding your coursework.

For helpful resources to manage your personal wellness and counseling options, contact:

Center for Student Wellness

📞 801-581-7776

🌐 wellness.utah.edu (<http://wellness.utah.edu>)

📍 2100 Eccles Student Life Center
1836 Student Life Way
Salt Lake City, UT 84112

Women's Resource Center

📞 801-581-8030

🌐 womenscenter.utah.edu (<https://womenscenter.utah.edu>)

📍 411 Union Building
200 S. Central Campus Dr.
Salt Lake City, UT 84112

(<http://www.wellness.utah.edu/>)

Addressing Sexual Misconduct

Title IX makes it clear that violence and harassment based on sex and gender (which includes sexual orientation and gender identity/expression) is a civil rights offense subject to the same kinds of accountability and the same kinds of support applied to offenses against other protected categories such as race, national origin, color, religion, age, status as a person with a disability, veteran's status, or genetic information.

If you or someone you know has been harassed or assaulted, you are encouraged to report it to university officials:

Title IX Coordinator & Office of Equal Opportunity and Affirmative Action

📞 801-581-8365

🌐 oeo.utah.edu (<https://oeo.utah.edu>)

📍 135 Park Building
201 Presidents' Cir.
Salt Lake City, UT 84112

Office of the Dean of Students

📞 801-581-7066

🌐 deanofstudents.utah.edu (<https://deanofstudents.utah.edu/>)

📍 270 Union Building

200 S. Central Campus Dr.
Salt Lake City, UT 84112

To file a police report, contact:

Campus Police & Department of Public Safety

☎ 801-585-COPS (801-585-2677)

🌐 dps.utah.edu [\(https://dps.utah.edu/\)](https://dps.utah.edu/)

📍 1735 E. S. Campus Dr.
Salt Lake City, UT 84112

If you do not feel comfortable reporting to authorities, the U's Victim-Survivor Advocates provide **free, confidential** and **trauma-informed** support services to **students, faculty, and staff** who have experienced interpersonal violence.

To **privately** explore options and resources available to you with an advocate, contact:

Center for Student Wellness

☎ 801-581-7776

🌐 wellness.utah.edu [\(http://wellness.utah.edu/\)](http://wellness.utah.edu/)

📍 328 Student Services Building
201 S. 1460 E.
Salt Lake City, UT 84112

Americans With Disabilities Act (ADA)

The University of Utah seeks to provide equal access to its programs, services, and activities for people with disabilities.

All written information in this course can be made available in an alternative format with prior notification to the Center for Disability & Access (CDA). CDA will work with you and the instructor to make arrangements for accommodations. Prior notice is appreciated. To read the full accommodations policy for the University of Utah, please see Section Q of the **[Instruction & Evaluation regulations](http://regulations.utah.edu/academics/6-100.php)** [_\(http://regulations.utah.edu/academics/6-100.php\)_](http://regulations.utah.edu/academics/6-100.php).

If you will need accommodations in this class, or for more information about what support they provide, contact:

Center for Disability & Access

☎ 801-581-5020

🌐 disability.utah.edu [\(https://disability.utah.edu/\)](https://disability.utah.edu/)

📍 162 Union Building
200 S. Central Campus Dr.
Salt Lake City, UT 84112

Diverse Student Support

Your success at the University of Utah is important to all of us here! If you feel like you need extra support in academics, overcoming personal difficulties, or finding community, the U is here for you.

Student Support Services (TRIO)

TRIO federal programs are targeted to serve and assist low-income individuals, first-generation college students, and individuals with disabilities.

Student Support Services (SSS) is a TRIO program for current or incoming undergraduate university students who are seeking their first bachelor's degree and need academic assistance and other services to be successful at the University of Utah.

For more information about what support they provide, a list of ongoing events, and links to other resources, view their website or contact:

Student Support Services (TRIO)

📞 801-581-7188

🌐 trio.utah.edu [\(https://trio.utah.edu/\)](https://trio.utah.edu/)

📍 Room 2075

1901 E. S. Campus Dr.

Salt Lake City, UT 84112

American Indian Students

The AIRC works to increase American Indian student visibility and success on campus by advocating for and providing student centered programs and tools to enhance academic success, cultural events to promote personal well-being, and a supportive “home-away-from-home” space for students to grow and develop leadership skills.

For more information about what support they provide, a list of ongoing events, and links to other resources, view their website or contact:

American Indian Resource Center

📞 801-581-7019

🌐 diversity.utah.edu/centers/airc [\(https://diversity.utah.edu/centers/airc/\)](https://diversity.utah.edu/centers/airc/)

📍 Fort Douglas Building 622

1925 De Trobriand St.

Salt Lake City, UT 84113

Black Students

Using a pan-African lens, the Black Cultural Center seeks to counteract persistent campus-wide and global anti-blackness. The Black Cultural Center works to holistically enrich, educate, and advocate for students, faculty, and staff through Black centered programming, culturally affirming educational initiatives, and retention strategies.

For more information about what support they provide, a list of ongoing events, and links to other resources, view their website or contact:

Black Cultural Center

📞 801-213-1441

🌐 diversity.utah.edu/centers/bcc [\(https://diversity.utah.edu/centers/bcc/\)](https://diversity.utah.edu/centers/bcc/)

📍 Fort Douglas Building 603

95 Fort Douglas Blvd.
Salt Lake City, UT 84113

Students with Children

Our mission is to support and coordinate information, program development and services that enhance family resources as well as the availability, affordability and quality of child care for University students, faculty and staff.

For more information about what support they provide, a list of ongoing events, and links to other resources, view their website or contact:

Center for Childcare & Family Resources

 801-585-5897

 childcare.utah.edu (<https://childcare.utah.edu>)

 408 Union Building
200 S. Central Campus Dr.
Salt Lake City, UT 84112

Students With Disabilities

The Center for Disability Services is dedicated to serving students with disabilities by providing the opportunity for success and equal access at the University of Utah. They also strive to create an inclusive, safe, and respectful environment.

For more information about what support they provide and links to other resources, view their website or contact:

Center for Disability Services

 801-581-5020

 disability.utah.edu (<https://disability.utah.edu>)

 162 Union Building
200 S. Central Campus Dr.
Salt Lake City, UT 84112

Students of Ethnic Descent

The Center for Ethnic Student Affairs offers several programs dedicated to the success of students with varied cultural and ethnic backgrounds. Their mission is to create an inclusive, safe campus community that values the experiences of all students.

For more information about what support they provide, a list of ongoing events, and links to other resources, view their website or contact:

Center for Ethnic Student Affairs

 801-581-8151

 diversity.utah.edu/centers/cesa/ (<https://diversity.utah.edu/centers/cesa/>)

 235 Union Building
200 S. Central Campus Dr.
Salt Lake City, UT 84112

English as a Second/Additional Language (ESL) Students

If you are an English language learner, there are several resources on campus available to help you develop your English writing and language skills. Feel free to contact:

Writing Center

☎ 801-587-9122

🌐 writingcenter.utah.edu [\(http://writingcenter.utah.edu/\)](http://writingcenter.utah.edu/)

📍 2701 Marriott Library
295 S 1500 E
Salt Lake City, UT 84112

English for Academic Success (EAS) Program

☎ 801-581-8047

🌐 linguistics.utah.edu/eas-program [\(https://linguistics.utah.edu/eas-program/\)](https://linguistics.utah.edu/eas-program/)

📍 2300 LNCO
255 S. Central Campus Dr.
Salt Lake City, UT 84112

English Language Institute

☎ 801-581-4600

🌐 continue.utah.edu/eli [\(http://continue.utah.edu/eli\)](http://continue.utah.edu/eli/)

📍 540 Arapeen Dr.
Salt Lake City, UT 84108

Undocumented Students

Immigration is a complex phenomenon with broad impact—those who are directly affected by it, as well as those who are indirectly affected by their relationships with family members, friends, and loved ones. If your immigration status presents obstacles that prevent you from engaging in specific activities or fulfilling specific course criteria, confidential arrangements may be requested from the Dream Center.

Arrangements with the Dream Center will not jeopardize your student status, your financial aid, or any other part of your residence. The Dream Center offers a wide range of resources to support undocumented students (with and without DACA) as well as students from mixed-status families.

For more information about what support they provide and links to other resources, view their website or contact:

Dream Center

☎ 801-213-3697

🌐 dream.utah.edu [\(http://dream.utah.edu/\)](http://dream.utah.edu/)

📍 1120 Annex (Wing B)
1901 E. S. Campus Dr.
Salt Lake City, UT 84112

LGBTQ+ Students

The LGBTQ+ Resource Center acts in accountability with the campus community by identifying the needs of people with a queer range of [a]gender and [a]sexual experiences and responding with university-wide services.

For more information about what support they provide, a list of ongoing events, and links to other resources, view their website or contact:

LGBTQ+ Resource Center

📞 801-587-7973

🌐 lgbt.utah.edu (<http://lgbt.utah.edu>)

📍 409 Union Building
200 S. Central Campus Dr.
Salt Lake City, UT 84112

Veterans & Military Students

The mission of the Veterans Support Center is to improve and enhance the individual and academic success of veterans, service members, and their family members who attend the university; to help them receive the benefits they earned; and to serve as a liaison between the student veteran community and the university.

For more information about what support they provide, a list of ongoing events, and links to other resources, view their website or contact:

Veterans Support Center

📞 801-587-7722

🌐 (<http://lgbt.utah.edu>) veteranscenter.utah.edu (<http://veteranscenter.utah.edu>)

📍 418 Union Building
200 S. Central Campus Dr.
Salt Lake City, UT 84112

Women

The Women's Resource Center (WRC) at the University of Utah serves as the central resource for educational and support services for women. Honoring the complexities of women's identities, the WRC facilitates choices and changes through programs, counseling, and training grounded in a commitment to advance social justice and equality.

For more information about what support they provide, a list of ongoing events, and links to other resources, view their website or contact:

Women's Resource Center

📞 801-581-8030

🌐 womenscenter.utah.edu (<https://womenscenter.utah.edu>)

📍 411 Union Building
200 S. Central Campus Dr.
Salt Lake City, UT 84112

Inclusivity at the U

The Office for Inclusive Excellence is here to engage, support, and advance an environment fostering the values of respect, diversity, equity, inclusivity, and academic excellence for students in our increasingly global campus community. They also handle reports of bias in the classroom as outlined below:

Bias or hate incidents consist of speech, conduct, or some other form of expression or action that is motivated wholly or in part by prejudice or bias whose impact discriminates, demeans, embarrasses, assigns stereotypes, harasses, or excludes individuals because of their race, color, ethnicity, national origin, language, sex, size, gender identity or expression, sexual orientation, disability, age, or religion.

For more information about what support they provide and links to other resources, or to report a bias incident, view their website or contact:

Office for Inclusive Excellence

📞 801-581-4600

🌐 inclusive-excellence.utah.edu [\(https://inclusive-excellence.utah.edu/\)](https://inclusive-excellence.utah.edu/)
<http://continue.utah.edu/eli>

📍 170 Annex (Wing D)
1901 E. S. Campus Dr.
Salt Lake City, UT 84112

Other Student Groups at the U

To learn more about some of the other resource groups available at the U, check out:

🌐 getinvolved.utah.edu/ [\(https://getinvolved.utah.edu/\)](https://getinvolved.utah.edu/)

🌐 studentsuccess.utah.edu/resources/student-support
[\(https://studentsuccess.utah.edu/resources/student-support/\)](https://studentsuccess.utah.edu/resources/student-support/)

CANVAS INFORMATION

Canvas is the where course content, grades, and communication will reside for this course.

- Access Canvas through utah.instructure.com <http://utah.instructure.com> or through [CIS](https://cis.utah.edu) <https://cis.utah.edu>
- For Canvas, Passwords, or any other computer-related technical support contact the [Campus Help Desk](https://it.utah.edu/help/) <https://it.utah.edu/help/>.
 - 801 581-4000
 - <http://it.utah.edu/help> <https://it.utah.edu/help/>
 - helpdesk@utah.edu <mailto:helpdesk@utah.edu>
- For Canvas related issues or bugs, contact the Teaching & Learning Technologies help desk
 - 801-581-6112 ext 2

- [classhelp@utah.edu \(mailto:classhelp@utah.edu\)](mailto:classhelp@utah.edu)

COURSE SCHEDULE

Note: Our schedule is subject to revision based on the needs of our class; any updates will be made available for students through Canvas.

HEDU 2000 - First Aid and CPR

Week	Dates	Lab	Reading	
			Chapters	Lecture
1	Jan 19 - 22	Introduction & Orientation Scene Survey	1, 2	Intro, Triage, Anatomy & Physiology, Patient Assessment
2	Jan 25 - 29	Patient Assessment - Responsive and Unresponsive, Choking	6	Airway, Breathing, Circulation - CPR, AED
3	Feb 1 - 5	Unresponsive Patient Assessment CPR, AED		Take a break, we have covered a lot so far! If you are behind on lectures and reading, get caught up!
4	Feb 8 - 12	CPR, AED		Bleeding, Shock, Spinal
5	Feb 16 - 19	Review, Practice and CPR Testing	3	No new information. Review for exam or
6	Feb 22 - 26	Bleeding Control, Bandaging, Shock	1, 2, 3, 6	Exam I, Wednesday, February 24
7	Mar 1 - 5	Online Only Period	3	Orthopedic Emergencies, Special Fractures
8	Mar 8 - 12	Online Only Period	3	Head Injuries, Chest Injuries, Burns

9	Mar 15 - 19	Splinting, Trauma Scenarios	4	Medical Emergencies
10	Mar 22 - 26	Responsive Patient Testing	4	Medical Emergencies
11	Mar 29 – Apr 2	Auto Accidents, Medical Assessment	3, 4	Exam II, Wednesday, March 31
12	Apr 5 - 9	Medical Scenarios		Poisons, Drugs
13	Apr 12 - 16	Preparation for Final Skills Exam	5	Environmental Emergencies, Emotior Emergencies
	Apr 17 (Saturday)	Final Skills Exam		
14	Apr 19 - 23	Final Skills Exam Feedback	7	EMS System, Legal Liability
15	Apr 27		5, 7	Exam III
Final	May 4			Final Exam

Course Summary:

Date	Details	
Wed Apr 8, 2020	 Medical Emergencies Lab Videos	to do: 11:59pm
Thu Oct 1, 2020	 Exam One (https://utah.instructure.com/courses/669628/assignments/8483457)	due by 9pm
Thu Nov 5, 2020	 Exam Two (https://utah.instructure.com/courses/669628/assignments/8483456)	due by 9pm

Date	Details	
Thu Dec 3, 2020	 Exam Three https://utah.instructure.com/courses/669628/assignments/8483454	due by 9pm
Fri Dec 4, 2020	 Lab Participation https://utah.instructure.com/courses/669628/assignments/8483478	due by 12pm
Thu Dec 10, 2020	 Final Exam https://utah.instructure.com/courses/669628/assignments/8483455	due by 9pm
Fri Feb 19, 2021	 CPR Skills Checkoff https://utah.instructure.com/courses/669628/assignments/8483475	due by 11:59pm
Fri Mar 26, 2021	 Patient Assessment Quiz https://utah.instructure.com/courses/669628/assignments/8483479	due by 12pm
Sat Apr 17, 2021	 Final Practical Exam https://utah.instructure.com/courses/669628/assignments/8483477	due by 11pm