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**Calumet College**

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**of Saint Joseph**

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*Calumet College of St. Joseph is a Catholic institution of higher learning dedicated to the academic, spiritual and ethical development of undergraduate and graduate students. Informed by the values of its founding religious community, the Missionaries of the Precious Blood (C.P.P.S.), the College promotes the inherent dignity of all people, social justice, an ethic of service, student empowerment, opportunity, and lifelong learning.*

*We are committed to the Five Pillars of a CCSJ Education: The CCSJ graduate will be Open to Growth, Intellectually Competent, Religious, Loving, and Committed to Doing Justice. This class, as outlined below, will help you to achieve those goals.*

## **COURSE SYLLABUS, Fall 2019**

### **Course: EXSS 410X First Responder**

#### **Instructor Information:**

<b>Instructor Name</b>	Steven Young MAT, LAT, ATC
<b>Office Number:</b>	Adjunct Office Room 531
<b>Phone Number:</b>	406-219-8384
<b>Email:</b>	<a href="mailto:syoung@ccsj.edu">syoung@ccsj.edu</a> - This is the best form of communication
<b>Hours Available:</b>	W 8:30a-10:30a by e-mail; appts available
<b>Instructor Background:</b>	I am a state-licensed and nationally certified Athletic Trainer with Community Healthcare Systems of Munster, IN. I am currently providing sports medicine services full-time at Munster HS and did previously for the past two years for CCSJ.

#### **Course Information**

<b>Course Time:</b>	Monday's 8:30a to 10:00a
<b>Classroom:</b>	Room 261 & Athletic Building Varsity Room as needed
<b>Prerequisites:</b>	C or better in EXSS 200
<b>Required Books and Materials:</b>	First Aid, CPR and AED Advanced, 7 <sup>th</sup> Edition, 2017, Jones & Bartlett Learning. ISBN: 9781284105315
<b>Learning Outcomes/Competencies:</b>	<ol style="list-style-type: none"><li>1. Prevent medical emergencies from occurring.</li><li>2. Use their knowledge of the normal functions of the human body to know when the body is not functioning properly.</li><li>3. Assess a victim during a medical emergency to determine what care is needed.</li><li>4. Perform CPR on adult, child, and infant victims.</li><li>5. Use an AED on adult, child and infant victims.</li><li>6. Manage breathing emergencies in adult, child, and infant victims.</li><li>7. Manage soft tissue injuries and bleeding.</li><li>8. Manage musculoskeletal injuries.</li></ol>

9. Care for a variety of forms of sudden illness.

**This course meets the following Kinesiology Program Objectives:**

- Describe the underlying scientific foundations of physical activity.
- Evaluate information about physical activity from scientific basis.
- Describe the relationship between physical activity participation and health, wellness, and quality of life.
- Demonstrate knowledge of current physical activity guidelines and recommendations.
- Design and evaluate physical activity programs that promote health and improve quality of life.

**Course Description:**

This semester-long course trains students in advanced first aid, CPR, and AED. Students will learn current information on injuries and illnesses, review how to perform CPR and use an AED during emergencies. This course will also cover additional skills including the use of hemostatic dressings, application of tourniquets, administering epinephrine, handling dental emergencies, and more.

**Learning Strategies:**

Active learning, Blackboard, group discussions, collaborative learning, demonstrations.

**Experiential Learning Opportunities:**

Students will physically demonstrate proficiency in carrying out the appropriate first aid skills in every class session, with the help of skill sheets, checklists, games and skill demonstration videos.

**Assessments:**

<b>Major Assignments:</b>	<b>Review Quizzes</b> , 10 total, No Scores Dropped	15% of Total Grade
<b>Assessments:</b>	<b>Cumulative Midterm &amp; Final Exams</b> , No Scores Dropped, must pass both in order to receive CPR, AED and First Aid credentials. Failed exams must be retaken.	55% of Total Grade
	<b>Skills Assessments</b> , 10 total, No Scores Dropped, must pass all in order to receive CPR, AED and First Aid credentials. Failed assessments can be redone.	30% of Total Grade

**Grading Scale:**

100 – 92: A	91 – 90: A-	
89 – 88: B+	87 – 82: B	81 – 80: B-
79 – 78 : C+	77 – 72: C	71 – 70 : C-
69 – 68: D+	67 – 62: D	61 – 60: D-
59 and below: F		

Course Schedule				
Class Date	Class Discussion/Activities	Assessments & Assignments		LO's
August 26	Syllabus, Introduction & Chapter 1	Quiz 1		1
<b>Labor Day, No Class Monday, September 2, 2019</b>				
<b>HW for Break:</b>	Ch 2: Action at an Emergency	Quiz 2		1,2,3
September 9	Ch 4: Finding What's Wrong	Quiz 3	Skills Asmt 1	
16	Ch 5: CPR/AED	Quiz 4	Skills Asmt 2	4,5,6
23	Ch 6: CPR/AED	Quiz 5	Skills Asmt 3	
30	Ch 7: Shock & Midterm Review		Skills Asmt 4	
October 7	<b>Cumulative Midterm Written Exam &amp; Skills Assessment</b>			
14	Ch 8-10: Bleeding & Wounds	Quiz 6		1,6,7,8,9
21	Ch 12: Head & Spine Injuries Ch 13: Chest/Abd/Pelvic Injuries	Quiz 7	Skills Asmt 5	
28	Ch 11: Burns	Quiz 8	Skills Asmt 6	
November 4	Ch 17: Sudden Illness			
11	Ch 20-21: Cold & Heat Emergencies	Quiz 9	Skills Asmt 7	
18	Ch 25: Rescuing & Moving People	Quiz 10	Skills Asmt 8	
<b>Thanksgiving Break, November 24 to 30, 2019</b>				
2	<b>Wrap-Up and Review</b>			
9	<b>Cumulative Final Written Exam &amp; Skills Assessment</b>			
<b>I reserve the right to change this schedule to meet the needs of the class.</b>				

Responsibilities	
<b>Attending Class</b>	<p><b>General Absences</b> You cannot succeed in this class if you do not attend. We believe that intellectual growth and success in higher education occur through interaction in the classroom and laboratories. In all things, communication is KEY. All planned and unplanned absences must be communicated to your instructor <b>via email PRIOR</b> to the absence with a brief explanation. Rare exceptions may be allowed at the discretion of the instructor.</p> <p><b>Absence due to college events</b> We do not want to penalize students for participating in college-sponsored events. When you miss class because of a college event, you must give notice of your absence <b>in advance</b> and you are responsible for all missed work. <u>All work is still expected to be turned in the day it is due so plan accordingly!</u></p>
<b>Turning In Your Work</b>	You cannot succeed in this class if you do not turn in all your work when due. All work is due on the dates listed or discussed in class. This requires planning and preparation on your part that is imperative to being ready to utilize the skills learned in this class.
<b>Meeting Standards for Classroom Behavior</b>	<ul style="list-style-type: none"> <li>• <b>Use all the class time.</b> Come to class on time and stay in class until the end. Coming late, leaving early, and getting up during class disrupts the class and disrespects others. It is at my discretion to determine if you are to receive credit for that class.</li> <li>• <b>Come prepared.</b> Bring your texts, be prepared to take notes, and be able to demonstrate that you have completed the assignments for the day through your participation in class.</li> <li>• <b>Respect others.</b> Listen when your classmates and the instructor are speaking. Think about their contributions. Respond appropriately.</li> </ul>

	<ul style="list-style-type: none"> <li>• <b>Use electronic devices only for class purposes.</b> Engage with your classmates and the instructor without technological distractions. The skills that you need to take away from this class require hands-on time. Please refrain from reliance on computers for note-taking when possible to allow for greater mobility.</li> <li>• Food and drink is acceptable in class provided that it does not provide a distraction. You are responsible for keeping your area clean and disposing of your own trash. This privilege can be revoked at any point during the semester</li> </ul>
<b>CCSJ Student Honor Code</b>	<p>This course asks students to reaffirm the CCSJ Student Honor Code:</p> <p>I, as a student member of the Calumet College academic community, in accordance with the college's mission and in a spirit of mutual respect, pledge to:</p> <ul style="list-style-type: none"> <li>• Continuously embrace <b>honesty and curiosity</b> in the pursuit of my educational goals;</li> <li>• Avoid all behaviors that could impede or distract from the academic progress of myself or other members of my <b>community</b>;</li> <li>• Do my own work with <b>integrity</b> at all times, in accordance with syllabi, and without giving or receiving inappropriate aid;</li> <li>• Do my utmost to act with commitment, inside and outside of class, to the goals and <b>mission</b> of Calumet College of St. Joseph.</li> </ul>
<b>Doing Your Own Work</b>	<p>If you turn in work that is not your own, you will be subject to judicial review by the Faculty-Student Grievance Committee. These procedures can be found in the Student Planner. The maximum penalty for any form of academic dishonesty is dismissal from the College.</p> <p>Using standard citation guidelines to document sources avoids plagiarism. You'll find guides to the major citation methods at the CCSJ Specker Library Web page at <a href="http://www.ccsj.edu/library/subjectsplus/subjects/guide.php?subject=cite">http://www.ccsj.edu/library/subjectsplus/subjects/guide.php?subject=cite</a></p> <p><b>PLEASE NOTE:</b> All papers may be electronically checked for plagiarism.</p>
<b>Sharing Your Class Experience</b>	<p>Your voice matters! At the end of the term, you will have the opportunity to evaluate your classroom experience. These confidential surveys are essential to our ongoing efforts to ensure that you have a great experience that leaves you well prepared for your future. Take the time to complete your course evaluations – we value your feedback!</p>
<b>Withdrawing from Class</b>	<p>After the last day established for class changes has passed (see the College calendar), you may withdraw from a course by following the policy outlined in the CCSJ Course Catalog.</p>

## Resources

<b>CCSJ Book Rental Program</b>	<p>The CCSJ Book Program ensures that everyone has the right course materials on the first day of class to be successful. You pay a book rental fee each semester, and in return, receive all the materials for all your classes prior to the beginning of classes. At the end of the semester, simply return the books. For traditional students, the Book Rental Program is conveniently located in the library, where students can pick up and return their books. For students in accelerated programs and graduate programs, books will be delivered to their homes and they can return them by mail. For more information, see <a href="http://www.ccsj.edu/bookstore">http://www.ccsj.edu/bookstore</a>. <b>All books must be returned at the end of the semester or you will incur additional fees, which will be charged to your student account.</b></p>
<b>Student Success Center:</b>	<p>The Student Success Center provides faculty tutors at all levels to help you master specific subjects and develop effective learning skills. It is open to all students at no charge. You can contact the Student Success Center at 219 473-4287 or stop by the Library.</p>
<b>Disability Services:</b>	<p>Disability Services strives to meet the needs of all students by providing academic services in accordance with Americans with Disabilities Act (ADA) guidelines. If you believe that you need a “reasonable accommodation” because of a disability, contact the Disability Services Coordinator at 219-473-4349.</p>
<b>Student Assistance Program</b>	<p>Through a partnership with <b>Crown Counseling</b>, Calumet College of St. Joseph provides a free Student Assistance Program (SAP) to current students. The SAP is a confidential counseling service provided to students for personal and school concerns which may be interfering with academic performance and/or quality of life. The SAP counselor is available on campus once a week and off-site at the Crown Counseling offices in Crown Point or Hammond. For more information, <b>contact Kerry Knowles SAP Counselor</b>, at 219-663-6353 (office), 219-413-3702 (cell), or <a href="mailto:kerryk@crowncounseling.org">kerryk@crowncounseling.org</a>.</p>
<b>CCSJ Alerts:</b>	<p>Calumet College of St. Joseph’s emergency communications system will tell you about emergencies, weather-related closings, or other incidents via text, email, or voice messages. Please sign up for this important service annually on the College’s website at: <a href="http://www.ccsj.edu/alerts/index.html">http://www.ccsj.edu/alerts/index.html</a>.</p>