

JAMESTOWN COMMUNITY COLLEGE
State University of New York

INSTITUTIONAL COURSE SYLLABUS

Course Title: Personal Health and Safety

Course Abbreviation and Number: HCR 1460

Credit Hours: 3

Course Type: Lecture/Lab

Course Description: Students will study emergency medical problems as they relate to sudden illness, accidents, environmental emergencies, and life threatening situations. Students will learn about the structures, functions, diseases, and health maintenance steps pertaining to the muscular, skeletal, cardiovascular, nervous and respiratory systems. Additional topics include legal responsibilities, bleeding, shock, soft tissue injuries, musculoskeletal injuries, syncope, diabetic emergencies, seizures, strokes, poisoning, opium overdose, anaphylactic shock and alcohol abuse. The course will be taught by an instructor certified to deliver the American Heart Association curriculum that prepares the students to take certifying exams in (1) Basic Life Support (CPR/AED) and (2) Heartsaver First Aid. Upon successful completion of the certification exams, students have the option to pay the fee to obtain the American Heart Association certificates. This course is designed for either science or non-science majors.

Eligibility: ENG 1510 without supports or **Corequisite:** ENG 1510 with supports.

Student Learning Outcomes:

Students who demonstrate understanding can:

1. Label and describe functions, diseases and health maintenance as they pertain to the organs of the respiratory, skeletal, cardiovascular and muscular systems.
2. Identify signs and symptoms of a heart attack, stroke, seizure, different types of shock, diabetic emergencies, heroin overdose and demonstrate proper care for each medical emergency.
3. Define three legal considerations and apply them to situations that a professional rescuer might encounter.
4. Demonstrate basic manikin care and the use of universal precautions taken to prevent disease transmission when providing care, including proper removal of disposable gloves.
5. Demonstrate how to perform a primary assessment for adults, children and infants and place a victim in a recovery position.
6. Demonstrate how to use a resuscitation mask and a bag-valve mask.
7. Demonstrate how to safely move someone depending on emergency situation.
8. Perform how to safely and effectively care for an obstructed airway for a conscious and an unconscious infant, child or adult victim.
9. Perform one and two-man CPR/AED and rescue breathing skills for infant, child and adult.
10. Identify four ways poisons can enter the body.
11. Identify the five links in the adult and pediatric cardiac chain of survival and identify the importance of each.
12. Successfully demonstrate/pass all skills required for:
 - a. American Red Cross CPR/AED for Professional Rescuers
 - b. American Red Cross first aid-responding to emergencies
 - c. Automatic external defibrillation (AED)
 - d. Epinephrine Auto-Injector
 - e. Final skill scenario

Topics Covered:

- Citizen Responder
- Legal Responsibilities
- Taking action
- Body Systems:
 - Respiratory
 - Circulatory
 - Nervous
 - Musculoskeletal
 - Integumentary
 - Clinical Death vs. Biological Death
 - Checking a Victim (Primary and Secondary Surveys)
- Breathing Emergencies (Adult, Child, Infant) Rescue Breathing
- Cardiac Emergencies (Adult, Child, Infant) CPR
- Caring for Bleeding Emergencies
- Soft Tissue Injuries
- (Wounds, Burns)
- Musculoskeletal Injuries
- Sudden Illnesses(Fainting, Stroke, Diabetic Emergencies, Seizures)
- Poisons, Bites and Stings
- Substance Misuse and Abuse

- Heat and Cold Extremes
- Blood Pressure
- WCA Hospital Tour
- AED Automated External Defibrillator
Optional

- Guest Speakers – chosen on interest of students
- (veterinarian, heart doctor, Respiratory Therapist, Emt)

Information for Students

- Expectations of Students
 - [Civility Statement](#)
 - [Student Responsibility Statement](#)
 - [Academic Integrity Statement](#)
- [Accessibility Services](#)
Students who require accommodations to complete the requirements and expectations of this course because of a disability must make their accommodation requests to the Accessibility Services Coordinator.
- [Get Help: JCC & Community Resources](#)
- [Emergency Closing Procedures](#)
- Course grade is determined by the instructor based on a combination of factors, including but not limited to, homework, quizzes, exams, projects, and participation. Final course grade can be translated into a grade point value according to the following:

A=4.0	B+=3.5	B=3	C+=2.5	C=2	D+=1.5	D=1	F=0
-------	--------	-----	--------	-----	--------	-----	-----
- Veterans and active duty military personnel with special circumstances (e.g., upcoming deployments, drill requirements, VA appointments) are welcome and encouraged to communicate these to the instructor.

Effective Date: Fall 2023