UNIVERSITY OF ARKANSAS RICH MOUNTAIN
HPR 223
First Aid and CPR
Spring 2024

Class Time: MW 11:00am-12:15pm
Location: Maddox 115
Instructor: Luis Garcia, M.S. – Sport Administration, B.S. – General Studies
Office: Bucks Soccer Office
Office Hours: By Appointment
Office Phone #: 479-394-7622 – Ext. 1663
Cell Phone #: 254-434-3078
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Prerequisite:
American Red Cross, American Heart Association, and NSC Materials. Instructional material provided in class and online. Internet access is required for this class. The campus has multiple computer labs with extended hours for access.

Required Materials:
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Course Description:
This course is designed to provide students with the knowledge and skills necessary to deliver assistance in the case of accidents, injuries, and sudden illness. Lifesaving skills and accident prevention principles will be covered. The course includes CPR certification and AED instruction. This course requires at least one paper using a documentation format.

Course Objectives:
- To develop the skill set needed to assist in emergency situations.
- To gain knowledge of emergency/first aid supplies and their use.
- To understand the basic steps of injury prevention and care.
- To become aware of safety and preventative educational methods.
- To learn aspects of civic and legal responsibilities in emergency situations.
- To complete CPR certification and AED training.
- To receive Stop the Bleed and FAST (stroke) training.

Course Conduct:
This course is conducted through weekly lectures, certification trainings, demonstrations, reading, discussions, quizzes, exams, and a research project.
The students are encouraged to form study groups. You may seek assistance with homework from Student Support or the instructor. If a student is having extreme difficulty with any of the class material, please make an appointment with the instructor to discuss it. Please expect a minimum of nine hours of work in this class (this includes time in class)

UARM Credit Hour Calculator:
For every course credit hour, the student should expect to spend at least three clock hours per week of concentrated attention on course-related work, including but not limited to time attending class, as well as out-of-class time spent reading, reviewing, organizing notes, preparing for quizzes or exams, and other activities that enhance learning. For a three-hour course the student should expect to spend at least nine hours per week dedicated to the course (this includes time spent in class)

Grading:

CPR Certification:	20 %
AED Training:	20 %
Homework/Quizzes/Attendance	20 %
Research Paper:	20 %
Exams (midterm and final):	20 %
Total:	**100%**

Grading Scale:
A= 90-100 %
B= 80-90 %
C= 70-80 %
D= 60-70 %
F= 60 % or below

Homework/Quizzes/Discussions:
These assignments are worth a total of 20% of the student's grade. Examples of homework assignments may include, but are not limited to, case studies, study questions, discussions, etc.. These homework assignments are designed to ensure that the student can apply the concepts covered in class. Any homework, quiz, or discussion assigned will be due at midnight (11:59pm), typically on Sundays (but may vary!).

Research Paper:
This research paper is worth 20% of the student's grade. It is designed for the student to apply and connect the concepts covered in class, but also to be CREATIVE! Creativity in this paper is much appreciated!

Exams:
There will be a total of two exams in this class (one midterm and one final). Both two exams are worth 20% of the student's grade and must be taken in-class. The student must bring a pencil for each test. The exams may consist of multiple choice, true/false, matching, and/or short answer questions. Both exams must be completed in order to pass the course.

Grading Policy:

- Students are expected to complete all required assignments by the completion date and time assigned by the instructor. LATE ASSIGNEMENTS WILL NOT BE ACCEPTED.

This policy is strictly enforced to facilitate professional skill development. You will be given a zero (0) for any work missed.

- When assignments are submitted online, please make sure they're submitted as a word document or PDF file.
- It is required for you to take **BOTH** exams in order to pass the class.
- It is required for you to complete CPR certification and AED training in order to pass the class.
- Grades are based on the total amount of points earned in the course. For final grades, I do round up **IF** you've been turning in assignments, quizzes etc. on time and been showing up to class on time – attendance is VITAL in this class and any other class!
- Basically, what I'm saying is: turn in your work and show up on time and you'll do great in this class!

Plagiarism:
"Plagiarism is the presentation of the works, words, or ideas of others as one's own, or the use of others' works, words, and ideas without giving proper acknowledgment."
It is expected that every assignment will be done by the student him-/herself. Academic plagiarism/cheating will not be tolerated in this or any other class at the University of Arkansas Rich Mountain.

Artificial Intelligence (AI) Policy:
The use of AI tools such as, Grammarly, ChatGPT, Bard, etc. in this class is allowed to verify the knowledge and enhance the understanding of First Aid & CPR. However, use of AI tools is prohibited (for any purpose) during exams, discussions, journals, and lab reports by asking those tools to develop the whole document.

Attendance:
This class is an IN-PERSON class; therefore, the student is expected to be in class on time, every time. It is the student's responsibility to immediately contact the instructor if they will be missing class for any reason (sickness, travel, isolation, quarantine, etc.). If a student misses more than 4 classes during the semester, the student will drop a letter grade.
If you are an athlete and will be missing class for travel/games, please inform the instructor and provide a travel/game schedule at the beginning of the semester.

COVID Policy:
Unfortunately, we do still live in a world where COVID impacts us. Therefore, if a student has been contact-traced or is displaying symptoms, it is the student's responsibility to email the instructor if they will not be attending class. A student who is showing symptoms must email: contact.tracing@uarichmountain.edu to determine the next steps for an excused absence related to COVID or flu. With that being said, contacting an instructor will not guarantee an excused absence.

Face Mask Policy:
It is encouraged but not required to wear face masks in class or public spaces on campus.

Americans with Disabilities Act (ADA) Statement:

UA Rich Mountain adheres to the requirements of the Americans with Disabilities Act. If you need an accommodation under this Act due to a disability, please contact the Vice Chancellor for Student Affairs, 394-7622 Ext. 1400.

Title IX and Non-Discrimination Policy:
UA Rich Mountain adheres to a policy that enables all individuals, regardless of race, color, gender, national origin, age, religion, sexual orientation, veteran's status, or disability, to work and study in an environment unfettered by discriminatory behavior or acts. Harassment of an individual or group will not be condoned, and any person (student, faculty, or staff member) who violates this policy will be subject to disciplinary action.
Harassment that is considered discriminatory includes actions or conduct (verbal, graphic, gestural, or written) directed against any person or group with the intent to demean or create a hostile or threatening environment. It is not the intent of this policy to infringe upon or limit educational, scholarly, or artistic expression. Any person who believes he or she has been discriminated against should contact the Title IX Coordinator to obtain assistance and information concerning the filing of a complaint.
At the same time the university prohibits discriminatory practices, it promotes equal opportunity through affirmative action. Non-discriminatory affirmative action equal opportunity policies apply to recruitment, hiring, job classification and placement, work conditions, promotional opportunities, demotions/transfers, terminations, training, compensation, choice of contractors and suppliers of goods and services, educational opportunities, disciplinary action, recreational and social activities, use of facilities, housing, and university-sponsored programs. For more information please to go https://www.uarichmountain.edu/title-ix-policy

Arkansas Clean Air Act:
In compliance with the Arkansas Clean Air Act, the University of Arkansas Rich Mountain is a smoke and tobacco free campus. Faculty, staff, students, and guests are to refrain from the use of tobacco products while on campus.

Student Misconduct:
Students committing misconduct are subject to disciplinary sanction(s) and/or restrictions. Misconduct or prohibited behavior includes, but is not limited to, endangerment, harassment, disruption, sexual misconduct, dishonesty, illegal drugs and/or alcohol, fire and safety issues, gambling, property violations, computer violations or other violations as listed in detail in the UARM catalog.

Academic Calendar:
Please be aware of the important dates listed on the Academic Calendar on the school's website: https://www.uarichmountain.edu/academic-calendar-final-exam-schedule

Food and Drinks:
Students are encouraged not to drink or eat in classrooms.

UA Rich Mountain Mission:
The University of Arkansas Rich Mountain provides transformative education to all learners.

Course Calendar (Subject to Change!!)

Spring 2024:

Week #:	Chapter(s)/Topics:	Assignments:
Week 1 (January 17th)	Syllabus + Introductions	Syllabus Quiz Due Sunday @ 11:59pm
Week 2 (January 22nd/24th)	Lecture + Practical Training	Homework Due Sunday @ 11:59pm
Week 3 (Jan 29th/31st)	Lecture + Practical Training	Homework Due Sunday @ 11:59pm
Week 4 (February 5th/7th)	Lecture + Practical Training	Homework Due Sunday @ 11:59pm
Week 5 (February 12th/14th)	Lecture + Practical Training	Homework Due Sunday @ 11:59pm
Week 6 (February 19th/21st)	Lecture + Practical Training	Homework Due Sunday @ 11:59pm
Week 7 (Feb 26th/28th)	Lecture + Practical Training	Homework Due Sunday @ 11:59pm
Week 8 (March 4th/6th)	Lecture + Midterm (March 8th)	**Midterm Exam (in class)**
Week 9 (March 11th/13th)	Lecture + Practical Training	Homework Due Sunday @ 11:59pm
(March 18th/20th)	**Spring Break!**	**No school, no homework!**
Week 10 (March 25th/27th)	Lecture + Practical Training	Homework Due Sunday @ 11:59pm
Week 11 (April 1st/3rd)	Lecture + Practical Training	Homework Due Sunday @ 11:59pm
Week 12 (April 8th/10th)	Lecture + Practical Training	**Research Paper** **Due Sunday April 14th at 11:59pm**
Week 13 (April 15th/17th)	Lecture + Practical Training	Homework Due Sunday @ 11:59pm
Week 14 (April 22nd/24th)	Lecture + Practical Training	Homework Due Sunday @ 11:59pm
Week 15 (April 29th & May 1st)	Final Exam Review	No homework due!
Week 16 **Finals Week** (May 6th/8th)	**Time and Date TBD**	**Final Exam (in class)**