

Kinesiology, Health Promotion and Recreation
HLTH 3300.001 - Health Emergencies
Fall 2026

Instructor: Taryn Ziehm
 Office: PEB 205
 Classroom: COL 47
 Class Time: Mon or Wed/9:35

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 Office Hours: By Appt

Catalog Description:

3 hours. Theory and practical application of the American National Red Cross Standard First Aid and Personal Safety skills. Cardiopulmonary resuscitation (CPR) techniques and skill development. Designed to meet the requirements set by the American National Red Cross for certification in Standard First Aid and CPR.

Student Learning Outcomes

Upon successful completion of this course the student should be able to do the following:

1. Recognize the responsibilities and liabilities of rendering aid in an emergency situation.
2. Differentiate between a safe scene and an unsafe scene.
3. Demonstrate the steps of checking a victim.
4. Recognize when to activate the Emergency Medical Services System.
5. Demonstrate when it is appropriate to stop giving care in life-threatening and non-life-threatening emergencies.
6. Assess the adult, child and infant victim for cardiac and breathing emergencies.
7. Describe protocols for Cardiopulmonary Resuscitation (CPR).
8. Describe protocols for the Automated External Defibrillator (AED).
9. Recognize the signs of a conscious choking victim.
10. Recognize the signs of an unconscious choking victim.
11. Recognize various first aid emergencies.
12. Demonstrate how to provide appropriate care for various first aid emergencies.
13. Recognize the concept of safety.
14. Explain ways of preventing accidents.

Textbook

American Red Cross (2017). Responding to Emergencies: Comprehensive First Aid/CPR/AED. Krames Staywell Strategic Partnerships Publishing.

Evaluation

Quizzes	100 points
Skill Assessments	100 points
Exam 1 – BGC/First Aid	50 points
Exam 2 - CPR & AED	50 points
Total	300 points

Letter Grades

270 – 300	= A
240 – 269	= B
210 – 239	= C
180 – 209	= D
Below 180	= F

Attendance and Participation

Attendance will be taken during each class period. **It is the student's responsibility to inform the instructor that they are in attendance, if they arrive after roll has been called.** Students who do not inform the instructor of their attendance and sign the sheet will be marked absent and will receive zero participation points.

Students are required to attend ALL face-to-face classes to receive American Red Cross certification. You must be present and participate the entire class period to skills checks grades for the day. **No make-ups will be given for missed skills tests or exams** unless approved by the instructor in advance. Any student who leaves class early will forfeit these grades for the day. Students who miss class due to a UNT sponsored activity must adhere to the UNT authorized absence policy (see below).

Absences due to participation in UNT sponsored activities must be approved in advance by the department chair and the academic dean and the instructor must be notified. Within three days after the absence, students must obtain authorized absence cards from the Dean of Students for presentation to their instructor. Students with authorized absence cards may make up the work missed, however all work and made up class time must be completed within one week of the absence or the absence will stand and you will receive a grade of zero for work missed.

A student may make-up practice skills missed (**for red cross certification purposes**) if, and only if, the student 1) informs the instructor via email before the missed class, 2) provides proof of their absence to the dean of students– only UNT-sponsored, extreme medical situations and family-related (i.e. funeral) events are viable. The instructor will NOT make up skills for individuals who do not follow this policy.

Please be on time. Students arriving late to class risk missing an exam, and/or skills checks points. Please view the course policies on Exams, Quizzes, and Skills in the syllabus for further information.

If you attend class, you are expected to participate. For the class to be successful, everyone involved must contribute. This includes preparing for class by completing the reading materials and assignments on time, attending class, arriving on time, participating in class discussions, and participating in all activities. Everyone is expected to be respectful of other's thoughts, opinions, and experiences.

Exams/Quizzes/Skills

No make-ups will be given for missed quizzes, skills tests or exams unless approved by the instructor in advance. No approval will be granted after the fact. If the absence is not approved, you will receive a zero. If you receive a zero for an exam score, you will forfeit certification.

Exams will be given at the beginning of class. In the event that a student arrives late on an exam day and one or more students have already completed the exam, the late student will not be allowed to take the exam and will receive a grade of zero. Failure to return both the examination and answer sheet to the instructor before leaving the classroom will result in a zero (0) grade for the test. **Leaving the testing area** for any reason once you have begun taking a written exam **is NOT allowed**. It is your responsibility to use the bathroom, get tissues, etc., before the exam is distributed. Any student who leaves the classroom during an exam will be required to turn in their exam and answer sheet for grading before they leave.

Quizzes will be given frequently online. Students are responsible for checking canvas daily to see when quizzes are being administered. There is a quiz schedule to follow on canvas.

Skills must be demonstrated by each student in order to receive American Red Cross certification, as well as earn points for their grade. In the event that a student arrives late to class on a day when skills are being taught, the student will not earn credit for skills that they missed will receive a grade of zero for any skills missed.

Certifications

Successful completion of this class may include earning the American Red Cross Responding to Emergencies Adult and Pediatric First Aid and CPR/AED certification, which is valid for two years. The American Red Cross requires students to earn a score of 80% or higher on all written exam sections, and 80% or higher on all practical exams. Students who do not score 80% or higher on one or more exam sections will be allowed to retake the section(s) one time only in order to receive certification. However, the grade a student scores on any written exam during the FIRST administration of the exam will serve as the point value for the student's course grade. It is the student's responsibility to know when written exams and skills tests are being given, and to attend class on these days.

Certification cards will be emailed to students after the completion of the course and all paperwork is finalized and submitted to the Red Cross.

Student Behavior in the Classroom

Student behavior that interferes with an instructor's ability to conduct a class or other students' opportunity to learn is unacceptable and disruptive and will not be tolerated in any instructional forum at UNT. Students engaging in unacceptable behavior will be directed to leave the classroom and the instructor may refer the student to the Dean of Students to consider whether the student's conduct violated the Code of Student Conduct. The university's expectations for student conduct apply to all instructional forums, including university and electronic classroom, labs, discussion groups, field trips, etc. The Code of Student Conduct can be found at www.deanofstudents.unt.edu

Email

Students must use their UNT email. Eagle Connect is used for official communication from the University to students. Many important announcements for the University and College are sent to students via Eagle Connect. Emails originating from other accounts will not be accepted. All students should activate and regularly check their Eagle Connect (email) account. For information about Eagle Connect, including how to activate an account and how to have Eagle Connect forwarded to another email address, visit <http://eagleconnect.unt.edu/>.

Email and canvas will be used for communication purposes outside of class. If sending an email, please include your class in the subject line. In the email body, please use a proper greeting, include your name, your question/issue and a closing signature. Students who do not identify themselves in the email, or who write the email in text messaging format, will not receive a response from the instructor. It is expected that individuals become proficient in the proper use of email and checking of their email account regularly. At a minimum, email should be read and canvas checked prior to each class.

Academic Integrity

Academic Integrity is defined in the UNT Policy on Student Standards for Academic Integrity. Any suspected case of Academic Dishonesty will be handled in accordance with the University Policy and procedures. Possible academic penalties range from a verbal or written admonition to a grade of "F" in the course. Further sanctions may apply to incidents involving

major violations. You will find the policy and procedures at: <http://vpaa.unt.edu/academic-integrity.htm>.

Family Educational Rights and Privacy Act (FERPA) Information:

Students have the right to expect their grades will be kept confidential. There are a few things, because of the size and/or nature of this class, the instructor must advise you of regarding collection and distribution of test results, quiz scores, homework assignments, roll sheets, projects, etc. During this class it may be necessary for you to pass your assignments forward to the instructor or it may be necessary for the instructor to call your name and then return your completed assignment to you by passing it across the room. The instructor, under the reasonable assumption guidelines, assumes students are collecting only their own materials. Every attempt will be made to keep your information confidential. Neither your course grades nor grades for any assignment will be posted in a way that could result in your being identified by other students or faculty members.

Drop/Withdrawal Policy

If at any time you wish to drop this course, you must initiate the action yourself. The instructor is not responsible for dropping the student, and if the student fails to withdraw from the class, the instructor will assign a grade accordingly.

American with Disabilities Compliance

The University of North Texas makes reasonable academic accommodation for students with disabilities. Students seeking accommodation must first register with the Office of Disability Accommodation (ODA) to verify their eligibility. If a disability is verified, the ODA will provide you with an accommodation letter to be delivered to faculty to begin a private discussion regarding your specific needs in a course. You may request accommodations at any time, however, ODA notices of accommodation should be provided as early as possible in the semester to avoid any delay in implementation. Note that students must obtain a new letter of accommodation for every semester and must meet with each faculty member prior to implementation in each class. Students are strongly encouraged to deliver letters of accommodation during faculty office hours or by appointment. Faculty members have the authority to ask students to discuss such letters during their designated office hours to protect the privacy of the student. For additional information see the Office of Disability Accommodation website at <http://www.unt.edu/oda>. You may also contact them by phone at [940.565.4323](tel:940.565.4323).

Disclaimer

The instructor reserves the right to amend this syllabus as necessary.

TENTATIVE COURSE OUTLINE

<u>Date</u>	<u>Topic</u>	<u>Readings</u>
Aug. 17	Introduction to course If Not You...Who? Responding to an Emergency	Chapter 1 Chapter 2
Aug. 26	Before Giving Care Rescue Moves Removing Gloves The Human Body	Chapter 3 Chapter 3 Chapter 3 Chapter 4
Sept. 2	Checking the Conscious Person Bleeding Shock	Chapter 5 Chapter 8 Chapter 9
Sept. 9	Soft Tissue Injuries Musculoskeletal Injuries Injuries to the Extremities	Chapter 10 Chapter 11 Chapter 12
Sept. 16	Injuries to the Head, Neck, and Spine Injuries to the Chest, Abdomen, and Pelvis Sudden Illnesses Poisoning	Chapter 13 Chapter 14 Chapter 15 Chapter 16
Sept. 23	Bites and Stings Substance Abuse and Misuse Heat-Related Illnesses & Cold-Related Emergencies Water-Related Emergencies Special Situations	Chapter 17 Chapter 18 Chapter 19 Chapter 20 Chapter 21
Sept. 30	Scenario Red Cross Testing (First Aid) Test Review available online	
Oct. 7	Before Giving Care/First Aid Exam 1 Given in class (multiple choice)	Chapters 1-5; Chapters 8-19
Oct. 12/14	Checking an Unconscious Victim – A/C/I Breathing Emergencies Conscious Choking Adult, Child, and Infant	Chapter 5 Chapter 7
Oct. 19/21	Cardiac Emergencies Signs and Symptoms of a Heart Attack CPR Adult/CPR Child	Chapters 5-7
Oct. 26/28	Breathing Emergencies Unconscious Choking Adult/Child	Chapters 5-7

Nov. 2/4	Unconscious Choking Infant Infant CPR AED Adult, Child and Infant	Chapters 5-7
Nov. 11	Scenario Testing Red Cross CPR/AED Test Review available online Bonus Quiz available	
Nov. 18	CPR & AED Exam 2 Given in class (multiple choice)	Chapters 5-7
Nov. 23/25	THANKSGIVING BREAK	