

# Mayville State University

## HPER 210, First Aid and CPR

Fall 2025

Credit Hours: 1

### Course and Instructor Information

**Instructor Name:** Scott Parker

**Contact Information:** office: FH 137, email: scott.b.parker@mayvillestate.edu, and work phone 345226.

**Hours of Availability:** 9:00- 3:00

**Instruction Mode:** on-campus face-to-face

**Time Zone:** All times indicated throughout this syllabus reflect Central Time (CT).

**Meeting Times and/or Location:** **Tuesday, Thursday 12:12:50, FH 109 1<sup>st</sup> 8 weeks (8/26/25- 10/19/25)**

### Course Description

Instruction and laboratory practice in first aid procedures including CPR, airway obstruction, rescue breathing, and the use of an automated external defibrillator (AED). American Heart Association Heart Saver First Aid and BLS for Healthcare Providers certificates are awarded to those meeting the standards of the American Heart Association.

**Pre-/Co-requisites:** No Pre-/Co-requisites are required.

### Course Objectives

Upon completion of this course, the student will be able to:

1. Recognize when an emergency will or has occurred (INTASC 1,3,6)
2. Follow a three step plan of action for any emergency (INTASC 1,3,4,8)
3. Identify when and learn how to call for emergency medical help (INTASC 1,4)
4. Identify injuries, illnesses, and medical conditions and provide care until professional medical help arrives (INTASC 1-8)
5. To develop awareness of the importance of leading a safe, healthy lifestyle (INTASC 1, 8-10)

To successfully complete this course, the learner will be expected to meet the following objectives, as aligned to Health and Physical Education Program Approval Standards through North Dakota's Education Standards and Practices Board ([ND ESPB](#)):

**Standards Alignment** (Health and Physical Education Program Approval Standards-ND ESPB):

#### Health Education ESPB Standards:

- 18015.1 Content Knowledge-Component 1.a: Candidates demonstrate knowledge acquisition in multiple health content areas.
- 18015.2 Planning-Component 2.f: Candidates plan instruction that incorporates technology, media and other appropriate resources in order to enhance students' digital literacy and to engage all learners.

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## Physical Education ESPB Standards:

- 1.a Describe and apply common content knowledge for teaching preK-12 physical education.

## Evaluation and Grading

Students will be assessed by the following means:

### American Heart Association standardized exams:

1. BLS for Healthcare Providers	55 points
2. Heartsaver First Aid	55 points

### Practical assessments:

1. Victim Assessment	75 points
2. CPR	
3. Rescue Breathing	
4. Choking	
5. AED use	

### Attendance, Class Participation, Assignments, and Periodic Quizzes

## Enrollment Verification

### On-Campus Course Statement

The U.S. Department of Education requires instructors to conduct an activity which will validate student enrollment in this course. Class attendance will be used to verify enrollment in on-campus courses. If you do not attend, your enrollment in this course will be at risk.

## Important Student Information

In the Announcements section of the Blackboard Institution Page, you can view and download the Important Student Information document for the current academic year. It includes information about:

- ✓ Land Acknowledgement Statement
- ✓ Academic Grievance Concerns and Instructor English Proficiency
- ✓ Starfish - Student Success System
- ✓ Students with Documented Disabilities
- ✓ Student Learning Outcomes / Essential Learning Outcomes
- ✓ Academic Honesty
- ✓ Emergency Notification
- ✓ Continuity of Academic Instruction for a Pandemic or Emergency
- ✓ Family Educational Rights and Privacy Act of 1974 (FERPA)
- ✓ Diversity Statement (Title IX)

## Continuity of Academic Instruction for a Pandemic or Emergency

The health and safety of our students, staff, and faculty is our top priority. Mayville State University is committed to continuing face-to-face instruction for on-campus courses each semester while minimizing exposure risk and promoting health and safety for students, faculty, and staff.

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If there is a significant health or safety event that necessitates a change in course format, plans for remote options for this course include asynchronous or synchronous online courses utilizing Blackboard or other LMS.

## Instructional Strategies (Required for Teacher Education and Nursing program courses. Otherwise, optional.)

Lecture  
Practical Lab Experiences  
Small group work

## Course Materials and Technologies

AHA guidelines

## Course Expectations

### Instructor/Student Communication

Please contact me via text between the hours of 8:00 am and 3:00 pm.

Students are accountable for all academic communications sent to their Mayville State University e-mail address.

If you contact me via text between the hours of 8:00 am and 3:00 pm, you can expect a response within 24 hours. Contact occurring via email may take longer. I will not respond to communication that occurs outside of the times mentioned until the next 12-hour cycle of availability begins. Any exceptions to this will be posted in the Course Announcements.