

Syllabus

Department of Counseling, Health & Kinesiology

EDKN 1306 First Aid and CPR

Fall 2026

Instructor: Ramon Hernandez

Class time & Location: Monday/Wednesday 7:00pm-8:15pm (Room MADLA 203)

E-mail & Phone: Ramon.Hernandez@tamusa.edu

Office Hours: By email or Blackboard Messages

Office Location: By email or Blackboard Messages

Required Textbooks:

Heartsaver® First Aid CPR AED Student Workbook

Publisher: American Heart Association

ISBN: 978-1-68472-402-4

Recommended Textbooks: NA

Course Description: Current standards and practice for emergency care, recognizing and avoiding hazards within the environment, and application of first aid and treatment of common exercise-related injuries in sport and exercise environments

Grading Policy

Course Requirements:

1. Student participation is required for all in-class activities.
2. Students must maintain a professional attitude while participating in all in-class activities. NO CELL PHONE USAGE DURING CLASSTIME unless approved by the instructor for class activity purposes.
3. Students will be responsible for two written exams and in-class quizzes (quizzes cannot be made up).

<u>Course Evaluation:</u>		<u>Criteria:</u>	
Midterm 25%		90-100	A
Skills (in class) 20%		80-89.99	B
Quizzes 10%		70-79.99	C
Final 45% (Written 25% and Skills 20%)		60-69.99	D
		0 - 59.99	F

For American Heart Association Certification: (OPTIONAL): *Students must complete all skills and pass all skills tests to receive certificates. An American Heart Association fee may have to be paid before receiving American Heart Association certification card. Students will still receive a course grade if, they choose not to fulfill certification requirements.*

University Email Policy and Course Communications

All correspondence between professors and students must occur via university email accounts. You must have your Jaguar email account ready and working. If it is not working, contact the help desk at helpdesk@tamusa.edu (<mailto:helpdesk@tamusa.edu>) or at 210-784-HELP (4357). If you don't hear back within 48 hours, contact them again. They have many requests during the first part of the semester, so you may need to follow up with them.

Academic Accommodations for Individuals with Disabilities

Texas A&M University-San Antonio is committed to providing all students with reasonable access to learning opportunities and accommodations in accordance with The Americans with Disabilities Act, as amended, and Section 504 of the Rehabilitation Act. If you experience barriers to your education due to a disability or think you may have a disability, Disability Support Services is in the Central Academic Building, Suite 210. You can also contact us via phone at (210) 784-1335, visit us at the website or email us at dss@tamusa.edu (<mailto:dss@tamusa.edu>). Disabilities may include, but are not limited to, attentional, learning, mental health, sensory, physical, or chronic health conditions. All students are encouraged to discuss their academic accommodation with Disability Support Services and their instructors as soon as possible.

Academic Learning Center

All currently enrolled students at Texas A&M University-San Antonio can utilize the Academic Learning Center for subject-area tutoring. The Academic Learning Center provides free course-based tutoring to all currently enrolled students at Texas A&M University-San Antonio. Students wishing to work with a tutor can make appointments

through the Brainfuse online tutoring platform. Brainfuse can be accessed in the Tools section of Blackboard. You can contact the Academic Learning Center by emailing tutoring@tamusa.edu (<mailto:tutoring@tamusa.edu>), calling (210) 784- 1307, or visiting the Central Academic Building, room 202. Online tutoring is also available for after hours and weekend assistance.

While tutoring hours may change based on tutor schedules and availability, the current tutoring hours for MATH in the ALC are as follows:

Day of the Week	Appointments Available	Walk-in Tutoring (no appointment needed)
Monday	8:00 AM – 6:00 PM	9:00 AM – 5:00 PM
Tuesday	8:00 AM – 6:00 PM	9:00 AM – 5:00 PM
Wednesday	8:00 AM – 6:00 PM	9:00 AM – 5:00 PM
Thursday	8:00 AM – 6:00 PM	9:00 AM – 5:00 PM
Friday	8:00 AM – 5:00 PM	11:00 AM – 4:00 PM



Counseling/Mental Health Resources

As a college student, there may be times when personal stressors interfere with your academic performance and negatively impact your daily functioning. If you are experiencing emotional difficulties or mental health concerns, support is available to you through the Student Counseling Center (SCC). To schedule an appointment, visit our website, call 210-784-1331 or visit Madla 120 between the hours of 8:00 AM and 5:00 PM.

All mental health services provided by the SCC are free and confidential (as the law allows). The Student Counseling Center provides brief individual and group therapy, crisis intervention, consultation, case management, and prevention services. Crisis support is available 24/7/365 by calling the SCC at 210-784-1331 or through the TELUS student support App.

The [TELUS Student Support App](https://studentsupport.telushealth.com/ca/home) (<https://studentsupport.telushealth.com/ca/home>) provides a variety of mental health resources to include 24/7/365 support for in the moment distress, crisis support, an anonymous peer-to-peer support network, mental health screenings, podcasts, and articles to improve your mental wellbeing.

Emergency Preparedness

JagE Alert is Texas A&M University-San Antonio's mass notification system. In the event of an emergency, such as inclement weather, students, staff and faculty, who are registered, will have the option to receive a text message, email with instructions and updates. To register or update your information visit the [Jag E Alert System website \(https://tamusa.portal.finalsiteconnect.com/\)](https://tamusa.portal.finalsiteconnect.com/). You can access more information about [Emergency Operations Plan and the Emergency Action Plan on our website. \(https://www.tamusa.edu/about-us/campus-information/safety/emergency-management/emergency-operations-plan.html\)](https://www.tamusa.edu/about-us/campus-information/safety/emergency-management/emergency-operations-plan.html). Download the [SafeZone App \(https://safezoneapp.com/\)](https://safezoneapp.com/) for emergencies or call (210) 784-1911. Non-Emergency (210) 784-1900.

Financial Aid and Verification of Attendance

According to the following federal regulation, 34 CFR 668.21: U.S. Department of Education (DoE) Title IV regulation, a student can only receive Title IV funds based on Title IV eligibility criteria which include class attendance. If Title IV funds are disbursed to ineligible students (including students who fail to begin attendance), the institution must return these funds to the U.S. DoE within 30 days of becoming aware that the student will not or has not begun attendance. Faculty will provide the Office of Financial Aid with an electronic notification if a student has not attended by the published Census Date (the first week of class). Any student receiving federal financial aid who does not attend prior to the published Census Date (the first week of class) will have their aid terminated and returned to the DoE. Please note that any student who stops attending at any time during the semester may also need to return a portion of their federal aid.

Jaguar Writing, Language, and Digital Composing Center (WLDCC)

The Jaguar Writing Center provides writing support to graduate and undergraduate students in all three colleges as well as faculty and staff. Writing tutors work with students to develop reading skills, prepare oral presentations, plan, draft, and revise their written assignments. Our language tutors support students enrolled in Spanish courses and students composing in Spanish for any assignment. Our digital studio tutors support students working on digital projects such as e-portfolios, class presentations, or other digital multimedia projects.

The Writing Center offers face-to-face, synchronous online, and asynchronous digital appointments. Students can schedule appointments with the Writing Center in JagWire under the **Student Services tab**. Click on **Writing, Language, and Digital Composing Center** to make your appointment. Students wanting to work in real time with a tutor can schedule an **Online Appointment**. Students wishing to receive asynchronous, written feedback from a tutor can schedule an **e-Tutoring appointment**. More information about what services we offer, how to make an appointment, and how to access your appointment can be found on the [Writing Center's website. \(https://www.tamusa.edu/student-resources/writing-center/index.html\)](https://www.tamusa.edu/student-resources/writing-center/index.html). The Writing Center can also be reached by emailing: [writingcenter@tamusa.edu \(mailto:writingcenter@tamusa.edu\)](mailto:writingcenter@tamusa.edu).

Meeting Basic Needs

Any student who has difficulty affording groceries or accessing sufficient food to eat every day or who lacks a safe and stable place to live and believes this may affect their performance in the course, is urged to [submit a CARE report for support \(https://www.tamusa.edu/university-policies/Student-Rights-and-Responsibilities/file-a-](https://www.tamusa.edu/university-policies/Student-Rights-and-Responsibilities/file-a-report-for-support)

[report.html](#)). Furthermore, please notify the professor if you are comfortable in doing so. This will enable them to direct you to available resources. The [General's Store is a food pantry](#) (<https://www.tamusa.edu/mays/students/generals-store.html>) that is available on campus as well.

Military Affairs

Veterans and active-duty military personnel are welcomed and encouraged to visit the Office of Military Affairs for any question involving federal or state VA Education Benefits. Visit the Patriots' Casa building, room 202, or to contact the Office of Military Affairs with any questions at military.va@tamusa.edu (<mailto:military.va@tamusa.edu>) or (210)784-1397.

Religious Observances

Texas A&M University-San Antonio recognizes the wide variety of faiths represented among the campus community and protects the rights of students, faculty, and staff to observe religious holidays according to their tradition. Under the policy, students are provided with an opportunity to make up any examination, study, or course work requirements that may be missed due to a religious observance provided they notify their instructors before the end of the second week of classes for regular session classes.

The Six-Drop Rule

Students are subject to the requirements of Senate Bill (SB) 1231 passed by the Texas Legislature in 2007. SB 1231 limits students to a maximum of six (6) non-punitive course drops (i.e., courses a student chooses to drop) during their undergraduate careers. A non-punitive drop does not affect the student's GPA. However, course drops that exceed the maximum allowed by SB 1231 will be treated as "F" grades and will impact the student's GPA.

Statement of Harassment and Discrimination

Texas A&M University-San Antonio is committed to the fundamental principles of academic freedom, equal opportunity, and human dignity. To fulfill its multiple missions as an institution of higher learning, A&M-San Antonio encourages a climate that values and nurtures collegiality and the uniqueness of the individual on our campus and within our state, nation, and world. All decisions and actions involving students and employees are to be based on applicable law and individual merit. Texas A&M University-San Antonio, in accordance with applicable federal and state law, prohibits discrimination, including harassment, based on race, color, sex, religion, national origin, age, disability, genetic information, veteran status, sexual orientation, or pregnancy/parenting status. Individuals who believe they have experienced harassment or discrimination prohibited by this statement are encouraged to contact the University's Civil Rights Officer at 210-784-2061 or titleix@tamusa.edu (<mailto:titleix@tamusa.edu>). Texas A&M University-San Antonio faculty are committed to providing a safe learning environment for all students and for the university. If you have experienced any form of sex discrimination or harassment, including sexual assault, sexual harassment, domestic or dating violence, or stalking based on sex, know that help and support are available. A&M-San Antonio's Title IX Coordinator can support those impacted by such conduct in navigating campus life, accessing health and counseling services, providing academic and housing accommodations, and more. The university strongly encourages all students to report any such incidents to the Title IX Coordinator. Please be aware that all A&M-San Antonio employees (other than those designated as confidential resources such as counselors and trained victim advocates) are required to report information about such discrimination and harassment to the university. This means that if you tell a faculty member about a

situation of sexual harassment, sexual violence, or other related sex-based misconduct, the faculty member must share that information with the university's Title IX Coordinator (titleix@tamusa.edu (<mailto:titleix@tamusa.edu>), 210-784-2061, CAB 439K). If you wish to speak to a confidential employee who does not have this reporting requirement, you can contact the Student Counseling Center at (210) 784-1331 or visit them in Madla 120.

Pregnant/Parenting Students

Texas A&M-San Antonio does not require a pregnant or parenting student, solely because of that status or issues related to that status, to (1) take a leave of absence or withdraw from their degree or certificate program; (2) limit the student's studies; (3) participate in an alternative program; (4) change the student's major, degree, or certificate program; or (5) refrain from joining or cease participating in any course, activity, or program at the University. The university will provide reasonable accommodation for pregnant students as it would be provided to a student with a temporary medical condition that is related to the health and safety of the student and the student's unborn child. These could include maintaining a safe distance from substances, areas, and activities known to be hazardous to pregnant individuals and their unborn child; excused absences because of illness or medical appointments; modified due dates for assignments; rescheduled tests/exams; taking a leave of absence; and being provided access to instructional materials and video recordings of lectures for excused absences, if these would be provided to any other student with an excused absence. Pregnant/parenting students are encouraged to contact the Title IX Coordinator with any questions or concerns related to their status (titleix@tamusa.edu (<mailto:titleix@tamusa.edu>); 210-784- 2061; CAB 439K).

Texas A&M-San Antonio has also designated the Title IX Coordinator as the liaison officer for current or incoming students who are the parent or guardian of a child younger than 18 years of age. The Title IX Coordinator can provide students with information regarding support services and other resources. Young Jaguars can support parenting students with daycare if students meet this criteria: (1) must be enrolled in classes at Texas A&M-San Antonio in the current semester, (2) must be Pell eligible or a single parent, (3) child(ren) must be aged 3 to 12-years-old, and (4) child(ren) must be enrolled in Pre-K-3 through 6th grade. For more information, please contact Young Jaguars at youngjaguars@tamusa.edu (<mailto:youngjaguars@tamusa.edu>) or call (210) 784-2636.

Students' Rights and Responsibilities

The following statement of students' rights and responsibilities is intended to reflect the philosophical base upon which University Student Rules are built. This philosophy acknowledges the existence of both rights and responsibilities, which is inherent to an individual not only as a student at Texas A&M University-San Antonio but also as a citizen of this country.

Students' Rights

1. A student shall have the right to participate in a free exchange of ideas, and there shall be no University rule or administrative rule that in any way abridges the rights of freedom of speech, expression, petition and peaceful assembly as set forth in the U.S. Constitution.
2. Each student shall have the right to participate in all areas and activities of the University, free from any form of discrimination, including harassment, on the basis of race, color, national or ethnic origin, religion, sex, disability, age, and pregnancy/parenting or veteran status in accordance with applicable federal and state laws.

3. A student has the right to personal privacy except as otherwise provided by law, and this will be observed by students and University authorities alike.
4. Each student subject to disciplinary action arising from violations of university students' rules shall be assured a fundamentally fair process.

Students' Responsibilities

1. A student has the responsibility to respect the rights and property of others, including other students, the faculty, and administration.
2. A student has the responsibility to be fully acquainted with the published University Student Rules found in the Student Handbook, Student Code of Conduct, on our website, and University Catalog, and to comply with them, as well as with federal, state, and local laws.
3. A student has the responsibility to recognize that student actions reflect upon the individuals involved and upon the entire University community.
4. A student has the responsibility to recognize the University's obligation to provide a safe environment for learning.
5. A student has the responsibility to check their university email for any updates or official university notifications.

Students are expected to exhibit a high level of honesty and integrity in their pursuit of higher education. Students engaging in an act that violates the standards of academic integrity will find themselves facing academic and/or disciplinary sanctions. Academic misconduct is any act, or attempt, which gives an unfair advantage to the student. Additionally, any behavior specifically prohibited by a faculty member in the course syllabus or class discussion may be considered as academic misconduct. For more information on academic misconduct policies and procedures please review the [Student Code of Conduct \(https://www.tamusa.edu/university-policies/student-rights-and-responsibilities/student-conduct.html\)](https://www.tamusa.edu/university-policies/student-rights-and-responsibilities/student-conduct.html) or visit the resources available in the [OSRR website \(https://www.tamusa.edu/university-policies/student-rights-and-responsibilities/index.html\)](https://www.tamusa.edu/university-policies/student-rights-and-responsibilities/index.html). Any AI-generated content in this course qualifies as academic dishonesty and violates Texas A&M-San Antonio's standards of academic integrity.

Important Fall 2026 Dates

August 24	Monday	First class day
August 28	Friday	Last day to withdraw from all classes to receive an 80% refund of tuition and fees
August 31	Monday	Last day to register
September 4	Friday	Last day to withdraw from all classes to receive a 70% refund of tuition and fees

September 7	Monday	Labor Day Holiday - No Classes / University Closed
September 9	Wednesday	Census Date - Students not paid in full or enrolled in a payment plan by 4:59PM may be dropped for non-payment
September 11	Friday	Student enrolled will receive a billing statement
September 14	Monday	Last day to withdraw from all classes to receive a 50% refund of tuition and fees
September 21	Monday	Last day to withdraw from all classes to receive a 25% refund of tuition and fees
October 5 - October 16	Monday-Friday	Midterm grading period
November 13	Friday	Last day to drop with an automatic grade of "W"
November 25	Wednesday	Study day - No Classes
November 26 - November 28	Thursday - Saturday	Thanksgiving Holiday - No Classes / University Closed
November 30	Monday	Last day to withdraw from the university
December 4	Friday	Last day of scheduled classes for weekday classes
December 5 - December 11	Saturday - Friday	Final examinations
December 11	Friday	End of term
December 15	Tuesday	Commencement

Tentative Lecture Schedule

Tentative Schedule: This is a tentative schedule. The course schedule will change as the demands of the students dictate. There may be a quiz at the beginning of each class over the previously covered material, except on test days.

AUGUST	24	LECTURE:	Introduction
	26	LECTURE:	Recognizing Emergencies/Deciding to Help
	31	LEC/SKILL:	Victim and Rescuer Safety/Body Systems
SEPTEMBER	02	LEC/SKILL:	Assessing the Victim (Group 1)
	07	NO CLASS	LABOR DAY HOLIDAY
	09	LEC/SKILL:	Assessing the Victim (Group 2)
	14	LEC/SKILL:	Cardiovascular Disease/CPR/Compressi ons (Grp. 1)
	16	LEC/SKILL:	Cardiovascular Disease/CPR/Compressi ons (Grp. 2)
	21	LEC/SKILL:	Breathing Emergencies/Giving Breaths/Mask (Grp. 1)

	23	LEC/SKILL:	Breathing Emergencies/Giving Breaths/Mask (Grp. 2)
	28	LEC/SKILL:	AED/Adult CPR (Group 1)
	30	LEC/SKILL:	AED/Adult CPR (Group 2)
OCTOBER	05	LEC/SKILL:	CPR/AED for Children and Infants (Grp. 1)
	07	LEC/SKILL:	CPR/AED for Children and Infants (Grp. 2)
	12	LEC/SKILL:	Conscious/Unconscious Choking (Grp. 1)
	14	LEC/SKILL:	Conscious/Unconscious Choking (Grp.2)
	19	LECTURE:	Review for Midterm Exam /Skills Make-up Day
	21	EXAM	MIDTERM EXAM
	26	LEC/SKILL:	Allergic Reactions/ Fainting/Low Blood Sugar
	28	LEC/SKILL:	Stroke/Seizure/External Bleeding
NOVEMBER	02	LECUTRE:	Shock/Wounds

	04	LECTURE:	Internal Bleeding/Head, Neck, and Spine Injuries/Broken Bones
	09	LEC/SKILL:	Sprains/Splinting/Burns
	11	LECTURE:	Bites and Stings
	16	LECTURE:	Heat & Cold/Poisons/ Skills Make-up Day
	18	LECTURE:	Review for BOTH Finals
	23	<i>EXAM</i>	<i>WRITTEN FINAL</i>
	25	NO CLASS	STUDY DAY
	30	LEC/SKILL:	Skills Final Practice (Group 1)
<i>DECEMBER</i>	02	LEC/SKILL:	Skills Final Practice (Group 2)
	<i>?</i>	<i>EXAM</i>	<i>SKILLS FINAL (TBA)</i>