

# CVA First Aid and Safety Syllabus



**COBB VIRTUAL ACADEMY**  
Class. Virtually. Anywhere.

## Class Description

This course is designed to equip high school students with essential life-saving skills and knowledge to respond effectively in emergency situations. Students will learn basic first aid procedures, CPR, AED operation, and injury prevention strategies. Topics include wound care, choking response, burns, fractures, heat- and cold-related illnesses, and recognizing medical emergencies such as heart attacks and strokes.

Emphasis will be placed on hands-on practice, role-playing emergency scenarios, and understanding the importance of quick decision-making in crisis situations. Students will also explore personal and community safety, disaster preparedness, and risk assessment. Upon successful completion, students will gain the confidence and skills needed to respond to emergencies at home, in school, and in the community.

This course will offer students the skills and knowledge to become certified in CPR and first aid through organizations such as the American Red Cross or the American Heart Association,

Click [HERE](#) for the First Aid and Safety Class Schedule which outlines the Units, Lessons, and Assessments for this course.

## Class Outline

### **Unit 1: Taking Action in an Emergency**

In this unit, you will focus on the crucial first steps in responding to emergencies effectively. You will learn how to recognize and assess different types of emergencies, including both life-threatening and non-life-threatening situations. The unit will cover essential first aid techniques and safety protocols to ensure you can provide immediate and appropriate care. Key topics include understanding emergency action steps, such as checking the scene, calling for help, and providing care.

### **Unit 2: Body and Body Systems**

In this unit, you'll uncover the secrets of the major body systems, learn how they work together, and discover why this knowledge is vital for providing care in emergencies.

### **Unit 3: Cardiac Emergencies**

In this unit, you will learn about the critical role of the cardiovascular system in your overall health and well-being. We'll delve into the functions of the heart, the significance of blood flow, and the various types of cardiac emergencies, including angina, heart attacks, and cardiac arrest. You'll gain insight into the symptoms of these emergencies and the importance of quick action, such as CPR and the use of an AED.

Additionally, we'll discuss preventive measures and lifestyle choices that can help reduce your risk of cardiovascular issues. By the end of this unit, you'll be equipped with the knowledge and skills to recognize cardiac emergencies and respond effectively. Get ready to empower yourself with vital information that can save lives!

#### **Unit 4: Breathing Emergencies**

In this unit, you'll explore the essential role that breathing plays in keeping our bodies functioning properly. Breathing isn't something we usually think about, but it's vital for bringing in oxygen and removing carbon dioxide. You'll learn how to recognize when someone is struggling to breathe, and how to act quickly in emergencies like respiratory distress and respiratory arrest. Understanding the steps to take—Check, Call, Care—could make all the difference in saving a life. By the end of this unit, you'll have the knowledge and skills needed to respond confidently and effectively in breathing emergencies, ensuring that you're ready to help when it matters most.

#### **Unit 5: Other Life-Threatening Emergencies**

In this unit, you'll learn how to recognize and respond to a variety of life-threatening situations, including severe bleeding, shock, strokes, seizures, poisoning, anaphylaxis, asthma attacks, and diabetic emergencies. Understanding the signs of these emergencies and knowing the proper first aid responses can make all the difference in saving a life. By the end of this unit, you'll be equipped with essential first aid skills that will help you act confidently in critical situations. Whether it's stopping severe bleeding, recognizing the warning signs of a stroke, or assisting someone having a seizure, the knowledge you gain here could one day help you protect yourself and others.

#### **Unit 6: Injuries and Medical Emergencies**

In this unit you will learn to recognize different types of injuries and understand the first aid responses each one requires. You'll explore open and closed wounds, burns, musculoskeletal injuries, and trauma to the head, neck, chest, abdomen, and pelvis, as well as bites, stings, and temperature-related emergencies. By learning the key signs and risks of each injury type, you'll be able to determine the safest and most effective actions to take. The goal of this unit is to help you identify injuries quickly and respond in ways that reduce harm and improve the chances of recovery.

### **CVA Work Policy**

- All classwork must be completed and submitted using the links in CTLS by the DUE DATE listed on the Class Schedule.
- Work should be completed in the order it is assigned on the Class Schedule.
- All work submitted on time will be graded within 48 hours.
- Assignments not submitted by the due date will be marked missing. Missing assignments are calculated as zeros in the coursework average. When students submit missing work, the assignment will be graded and calculated into the coursework average.

The CVA term ends prior to the end of the traditional school semester. The final date work will be accepted each term is posted on the [CVA website](http://cobbvirtualacademy.org) (cobbvirtualacademy.org) and the Class Schedule.



## Grading

Grades for this course are calculated based on category percentages as follows:

Category	Weight
Assignments	20%
Projects	30%
Unit Tests	20%
Discussion Boards	10%
Quizzes	10%
Final Exam	10%

## Academic Integrity

Academic integrity is the cornerstone of learning at CVA and we take the integrity and authenticity of student work very seriously. When academic integrity is maintained, students will make decisions based on values that will prepare them to be productive, meaningful, and ethical citizens.

Students are required to abide by the CVA Academic Integrity Policy. Academic dishonesty in any form will not be tolerated. The CVA Academic Integrity Policy outlines the consequences if students fail to maintain academic integrity in their course. For additional information, the CVA Academic Integrity Policy is posted on the [CVA website](#).



### Academic Integrity Process

Consequences	1st	2nd	3rd	4th
Parent contact by teacher	✓	✓	✓	✓
Resubmit work for full credit	✓			
Resubmit work for half credit		✓		
Automatic zero			✓	✓
Parent contact by CVA administration			✓	✓
Notification by CVA administration to local school			✓	✓
Mandated proctored exam or coursework				✓
Other as designated by CVA or local school administration	✓	✓	✓	✓



## General Information

- The Cobb Teaching and Learning System (CTLS) is the platform used to deliver Cobb Virtual Academy classes.
- Students must earn 100% on the Student Orientation Quiz located inside each CVA Digital Classroom before they begin their Student Coursework.
- All coursework must be submitted through CTLS.
- All CCSD students have access to Microsoft 365 applications and must submit assignments in the requested format.
- Students in all sections of this course will take an online final exam during the window of time published on the CVA website and the Class Schedule.

## Course Specific Information

PLEASE NOTE: CVA Health does NOT include the Alcohol and Drug Awareness (ADAP) training required for obtaining a driver's license. Students that take CVA Health are eligible to take the Online ADAP (eADAP) program offered for free by the State of Georgia. Click the following links for more information: [eADAP FAQ](#) and [eADAP Registration](#)

## Technology Requirements

CTLS is geo-restricted to the United States.

- A modern PC or Mac Computer
  - Lightweight or mobile devices such as Chromebooks, iPads, Android tablets, or smartphones **may not** be compatible with many of our courses.
  - Windows or Mac based computer
- Access to Microsoft 365
- Internet access

## CVA Expectations

### Student

- Maintain consistent access to a computer and internet
- Login to the course daily and review the announcements
- Adhere to the deadlines listed on the Class Schedule
- Read and promptly respond to teacher communication
- Contact the teacher with questions
- Manage your time wisely

### Teacher

- Welcome Phone Call in the first two weeks



- 24-hour turnaround on all communication
- 24 – 48-hour turnaround on grading for items submitted by the due date
- Provide relevant feedback on assignments
- Be accessible via email and phone or text during published hours
- Provide two or more live sessions per term

## CTLS Parent Account

Cobb Virtual Academy teachers use CTLS Parent to communicate with students and parents. Students will automatically receive communication sent from CTLS Parent via their CCSD student email address and will be asked to provide a cell phone number to receive text communications. Directions for students to set up CTLS Parent are located in the CVA Orientation. Parents will receive communications according to their existing notification settings.

## Student Support

A student's first source for support is their CVA teacher. However, additional support is available. The **CVA Learning Center** is staffed with facilitators and is available both **in person** and **virtually**.

Facilitators can assist students with getting started, class navigation, assignment instructions, submitting work, technical issues, and strategies for online success.

The in-person Learning Center is on the Cobb Horizon High School campus at 1765 The Exchange Atlanta, GA.

All CVA students are enrolled in the Student Support digital classroom which provides access to the Virtual Learning Center (VLC). Students use the CTLS chat feature to send a message to the Student Support Team during the hours it is open.

## Live Sessions

Your teacher will post live session information to the Class Board.

