

JAMESTOWN COMMUNITY COLLEGE
State University of New York

INSTITUTIONAL COURSE SYLLABUS

Course Title: First Aid & Mental Health First Aid

Course Abbreviation and Number: HCR 1310

Credit Hours: .5

Course Type: Lecture

Course Description: Students will demonstrate the ability to recognize and apply life-saving skills for the most common first aid problems. In addition, students will demonstrate the ability to handle mental health stigmas, recognize the most common mental health problems, and apply skills to help those experiencing a mental health crisis. All knowledge and skills will be acquired at the most basic and foundational level. The course will be taught by an instructor certified to deliver the American Red Cross Responding to Emergencies First Aid and Mental Health First Aid curricula. Students will have the option to take the American Red Cross Responding to Emergencies First Aid certifying exam and pay the fee to obtain the American Red Cross Responding to Emergencies First Aid Certificate.

No requisites.

Student Learning Outcomes:

Students who demonstrate understanding can:

1. Recognize the signs and symptoms and apply basic and appropriate first aid for the most common sudden illnesses.
2. Recognize the signs and symptoms and apply basic and appropriate first aid for the most common traumatic injuries.
3. Recognize the signs and symptoms and apply basic and appropriate first aid for the most common sudden environmental injuries and illnesses.
4. Recognize the signs and symptoms and apply basic and appropriate first aid for the most common special first aid situations.
5. Recognize the signs and symptoms and apply basic and appropriate first aid for the most common mental health problems.

Topics Covered:

Sudden Illness:

- Respiratory Distress
- Allergic reactions and Anaphylaxis
- Diabetic Emergencies
- Seizures
- Fainting
- Stroke

Traumatic Injuries:

- Shock
- Internal Bleeding
- Wounds
- Burns
- Muscle, bone and Joint Injuries
- Head, Neck and Spinal Injuries
- Nose and Mouth Injuries
- Chest Injuries
- Pelvic Injuries

Environmental Injuries and Illnesses:

- Exposure Injuries and Illness
- Poisoning
- Bites and Stings
- Rash-causing plants

- Lightning Strike

Special First Aid Situations:

- Emergency Childbirth
- Vehicle
- Fire
- Home and Work Safety

Mental Health First Aid:

- What is Mental Health First Aid
- Role as a First Aider / Self Care
- Mental Health vs Mental Illness vs Mental Disorders
- Common/Impact on Society
- Stigma/Gaps in Treatment
- Safety and Privacy
- Identifying Challenges
- Recognize Signs and Symptoms
- Culture and Health
- Awkward Conversations
- ALGEE Action Plan
- Health Continuum
- Common Disorders
- Factors Contributing to Mental Health Challenges
- Substance Use Disorders
- Trauma ACES
- Protective Factors
- Recovery

Information for Students

- Expectations of Students
 - [Civility Statement](#)
 - [Student Responsibility Statement](#)
 - [Academic Integrity Statement](#)
 - [Accessibility Services](#)
Students who require accommodations to complete the requirements and expectations of this course because of a disability must make their accommodation requests to the Accessibility Services Coordinator.
 - [Get Help: JCC & Community Resources](#)
 - [Emergency Closing Procedures](#)
 - Course grade is determined by the instructor based on a combination of factors, including but not limited to, homework, quizzes, exams, projects, and participation. Final course grade can be translated into a grade point value according to the following:

A=4.0	B+=3.5	B=3	C+=2.5	C=2	D+=1.5	D=1	F=0
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 - Veterans and active duty military personnel with special circumstances (e.g., upcoming deployments, drill requirements, VA appointments) are welcome and encouraged to communicate these to the instructor.
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Effective Date: Fall 2026