SUL ROSS STATE UNIVERSITY
COURSE SYLLABUS
KES 1306
SAFETY AND FIRST AID
FALL 2015

INSTRUCTOR: Raymond Troy Canaba, Office Gallego Center #106 (432)837-8446
Email: Raymond.Canaba@sulross.edu
Office hours: 10:00 a.m.-12:00 p.m. MWF, 9:30 a.m.-11:30 a.m. TR
Available online during office hours.
Appointments can be made at other times.

BLACKBOARD: The Course Syllabus can be found on Blackboard. Your Grades and the Course Calendar will be available for your information on Blackboard. To access "Blackboard" you go to www.bbsrsu.sulross.edu. Your login and password will be the same as in the past. If you do not have your login or password or you cannot get on Blackboard, or you have other technical problems then you can use the following resources:

GO TO: http://www.sulross.edu/page/2554/lobolaunch-tech-tips. Phone: you can call the LTAC helpdesk at 8888. Off Campus, dial 432-837-8888 or the toll free number, 1-888-837-2882. Please visit the LTAC website at www.sulross.edu/oit for current hours of operation.

Online: https//techassist.sulross.edu. Access to the web service request system is available 24-7-365. Please have your user credentials (email login and password) handy because you will need to login to submit a service request. The user guide for creating your own ticket is located at http://www.sulross.edu/LTAC.

COURSE DESCRIPTION: This course is designed to provide students with information that will increase a safety awareness, to promote accident prevention, and enable injury care. The information will equip students with the necessary skills to deal with possible emergency situations, sudden illness and CPR.

METHOD OF INSTRUCTION: Lecture, discussion, group activities, and demonstration.

CLASS ATTENDANCE: Classroom attendance and participation is required. In accordance with the University Catalog, a student with (9) absences may be dropped from the course with a grade of F. Habitual tardiness is disruptive to the class and should happen infrequently. Therefore, three (3) tardiest may count as one unauthorized absence.

REQUIRED TEXTBOOK: None Required

Program Learning Outcomes:

1. The Kinesiology and Sport Science students will understand the principles of motor learning; understand the practice for developing motor skills; apply knowledge to biomechanical principles; apply knowledge of individual and teams sports and understand the principles of dance, personal performance activities, recreational activities and outdoor pursuits Movement Skills and Knowledge Domain).
2. The Kinesiology and Sport Science students will understand major body systems, principles of physical fitness and benefits of a healthy lifestyle; understand the principles and activities for developing cardiovascular endurance; understand principles and activities for developing and maintaining flexibility, muscular strength and endurance; and understand health and wellness concepts (Health-Related Physical Fitness Domain).

Standards

Standard X
The physical education teacher understands the legal issues and responsibilities of physical education teachers in relation to supervision, planning and instruction, matching participants, safety, first aid, and risk management.

Competency 013
The teacher understands legal issues and responsibilities of physical education teachers in relation to supervision, planning and instruction, matching participants, safety, first aid, and risk management.

COURSE CONTENT:

1. Legal considerations
2. Victim assessment
3. Life-threatening emergency
4. What to do in an emergency
5. Different types of injuries (assessment and first aid)
6. Medical emergencies (poisoning, bites and stings)

TEXTBOOK:

None Required

COURSE REQUIREMENTS:

I. There will be two major 150 point exams for a total of 300 pts., two skills tests, and comprehensive final.

II. Class attendance and participation will be worth a possible 150 points. Points will be given based on the scale below:

0-1 unexcused absence= 150 pts.
2 unexcused absence=140 pts.
3 unexcused absence=120 pts.
4 unexcused absence=100 pts
5 unexcused absence=80 pts.
6 unexcused absence=60 pts
7 unexcused absence=40 pts.
8 unexcused absence=20 pts.
9 unexcused absence=0 pts. will be dropped from the class with an F.
3 tardiest= one absence

III. Computation of the final grade will be based on the following:

Exam I = 150 pts.	**A=750-850 pts.**
Exam II=150 pts.	**B=650-749 pts.**
Attendance=150 pts.	**C=575-649 pts.**
Class Activities=200 pts.	**D=500-574 pts.**
FINAL EXAM= 200 pts.	**F=below 500 pts.**

Total Possible Points= 850 pts.

IV. Preparation for class: This includes the following: 1.) ***if you bring a cell phone or any type of electron device, make sure it is turned off. If it caused a class disruption you could be asked to leave the class.*** 2.) make necessary rest room stops, etc. to enable you to remain in class for the duration. 3.) do not bring food or drinks into the classroom, 4.) have copies of the power point slides copied from Blackboard and 5.) Read the chapter in the textbook before it is discussed in class.
This means appropriate dress and hygiene (such as no pajamas, clothing that shows too much skin, or any disruptive appearance or actions!) If you leave the class for any of these reasons, it will count as an unexcused absence and the student will meet with Mr. Canaba to discuss the situation. If a student has two unexcused absences and/or

tardies, he/she will be asked to meet with Mr. Canaba to discuss possible ways to improve the situation.

V. Academic Honesty: Students are expected to do their own work. Cheating in any form will be subject to disciplinary actions that can result in dismissal from the class with a grade of F. This includes plagiarism.

- All of the following are considered plagiarism: (taken from: http://www.plagiarsim.org/)
    - Turning in someone else's work as your own
    - Copying words or ideas from someone else without giving credit
    - Failing to put a quotation in quotations marks
    - Giving incorrect information about the source of a quotation
    - Changing words but copying the sentence structure of a source without giving credit
    - Copying so many words or ideas from a source that it makes up the majority of your work, whether you give credit or not

VI. **PROGRAM ACCESSABILITY:**

Sul Ross State University supports equal employment and educational opportunities for all persons. No person shall be excluded from participation in, denied the benefits of, or be subject to discrimination under any program or activity sponsored by Sul Ross State University on any basis prohibited by applicable law, including but not limited to race, color, national origin, religion, sex, age or disability.

The University is committed to equal access in compliance with the Americans with Disabilities Act of 1990 (ADA) and Section 504 of the Rehabilitation Act of 1973. The Career/Life Center Coordinator has the responsibility to assist students with disabilities in gaining opportunities for full participation in programs, services and activities.

It is Sul Ross State University policy to provide reasonable accommodation to students with disabilities. For information and help go to http://www.sulross.edu/page/1384srsu-accessibility-services. If you would like to request such accommodation because of a physical, mental, or learning disability, please contact.

Mary Schwartze
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Tentative Calendar with Daily Topics

Raymond Troy Canaba

SAFETY AND FIRST AID

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FALL 2015

CLASS OUTLINE:

Day	Activity (Subject)	Description
1	Class requirements, Intro	Syllabus, alert activities
2	Blackboard/Why First Aid	Terms, stats
3	Legal considerations	Rights of parties
4	Is it an emergency	Steps to determine
5	Victim assessment	No panic, acronyms
6	First Aid Steps	Proper protocol-video
7	**TEST #1**	Terms, legal, assessment, steps
8	Blood-borne pathogens	Proper precautions
9	Head, neck, spinal cord	Types of injuries
10	Chest	Types of injuries
11	Extremities	Injuries to, taping
12	Types of wounds	Categories, examples, video
13	Categories of wounds	continued
14	Tissue Damage	How to treat
15	**TEST #2**	Body injuries, treatment
16	Natural Disasters	Prevention, treatment
17	Work accidents	Prevention, treatment
18	Alcohol poisoning	Cases, issues, precautions
19	Drug Poisoning	All
20	Bites	Snakes, spiders
21	Stings	Bees, wasps, killer bees
22	Accidents, poisons, bites	
23	CPR	Rules, changes
24	Protocol	Manual cpr, video, mannequin
25	CPR practice	mannequins
26	CPR practice	mannequins
27	CPR written exam (#4)	practice
28	CPR manual test	all of class
29	Review day	

*****FINAL EXAM Dec. 9th 8:00 a.m.*****

<u>EXACT DATES AND ACTIVITIES MAY BE SUBJECT TO CHANGE.**</u>**