

Course Syllabus
FIRST AID PE 1306

Instructor: Aaron Tavitas
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MWF 10:00am - 10:50am
Phone: 837-8230

Office Hours: 8:00am – 10:00am and 4:00-5:00pm Monday – Friday, or call for appointment.

COURSE DESCRIPTION:

The intent of this course is to help people feel more confident of their ability to act appropriately in the event of an emergency. Since you may be faced with an emergency in your lifetime, it is important that you know how to recognize an emergency and how to respond according to American Red Cross and National Safety Council guidelines. The student will also learn the value of a safe and healthy life-style and be alerted to take better precautions and make necessary life-style changes.

PROGRAM LEARNING OUTCOMES

The kinesiology student will:

1. Understand and apply principles of physical fitness in developing an individualized health fitness plan.
2. Demonstrate a knowledge of movement concepts and biomechanical principles by analyzing movement and sport skills.
3. Know and use test and measurement concepts and principles to assess fitness and skill performance and be able to explain results.

STUDENT LEARNING OUTCOMES:

After you complete this course, the student will be able to---

1. Identify ways to prevent injury and/or illness.
2. Recognize when an emergency has occurred.
3. Follow emergency action steps in any emergency.
4. Provide basic care for injury and/or sudden illness until the victim can receive professional medical help.

COMPETENCY 045

- E. Understands types of violence and abuse (including causes and effects of violence and abuse, and ways to prevent and seek help in dealing with violence and abuse)
- F. Selects and uses instructional strategies, materials and activities to teach principles and procedures related to safety, accident prevention and response to emergencies
- K. Understands health-care responses to early detection and warning signs of illness, to internal injury and to threat to safety

The curriculum for each educator preparation program shall rely on scientifically-based research to ensure teacher effectiveness and align to the TEKS. The following subject matter shall be included in the curriculum for candidates seeking initial certification:

- (4) Motivation
- (6) TEKS organization, structure, and skills

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)

METHOD OF INSTRUCTION:

1. Lecture/Guest Lectures/Discussion
1. Audio-Visual presentations
2. Hands-on skill activities

TEXTBOOK:

None Required

COURSE EVALUATION:

- A. Daily Grades** - There will be numerous daily quizzes and writing assignments that will be given during the semester. These quizzes and writing assignments will account for 100 points each.
- B. Test Scores** - Two major tests plus a final exam will be administered during the semester. The major tests will account for 100 points each. The final exam will be comprehensive and it will be worth 100 points. The members of the kinesiology faculty believe that it is important that students use proper writing skills. You may have points deducted for spelling and major grammatical errors.
- C. Class Attendance** - Class attendance and participation are mandatory. In accordance with the University catalog, a student with six or more absences may be dropped from the class. An absence is non-attendance in 75 minutes of class. Therefore, a student may be dropped from class after six absences with an automatic grade of "F". If you miss a class, you should make arrangements to get the notes. If you have any questions over the notes, see me. If you come to class after roll has been taken, it is your responsibility to notify me after class that you are here. It is also the responsibility of the student to notify me if the absence is excused. For every three tardies, the student is charged with one absence.

- A. One Final Exam - 100 points**
- B. Two Test - 200 points**
- C. Eight Quizzes - 100 points**
- D. Daily Writing Assignments - 100 points**
- Total possible points is 500***

Points converted to your letter grade:

- 450 ~ 500 = A**
- 400 ~ 449 = B**
- 350 ~ 349 = C**
- 300 ~ 349 = D**
- Below 300 = F**

CLASSROOM COURTESIES:

1. Do not bring food or drinks to class.
2. Do not wear hats or caps in the classroom. No pajamas.
3. No tobacco will be used in the classroom.
4. If you are late to class please come into the room quietly.
5. Turn off all cell phones, beepers, and pagers. You will be asked to leave if they go off.

At the conclusion of the course, each student will be asked to complete an evaluation form on the effectiveness of the course and the instructor.

CLASS OUTLINE:

| <u>Day</u> | <u>Activity (Subject)</u> | <u>Description</u> |
|------------|---------------------------|---------------------------------|
| 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**

TBA***

****EXACT DATES AND ACTIVITIES MAY BE SUBJECT TO CHANGE.****

It is the policy of Sul Ross State University to provide reasonable accommodations to students with disabilities. If you would like to request such accommodations because of a physical or mental disability, please contact the ADA Coordinator for Program Accessibility in the Briscoe Administration Building Room 206 or call (432) 837-8203.

Chain of Command – Instructor -

Department Chair -

Dean of Professional Studies -

V. P. for Academic Affairs -

President -

Coach Aaron Tavitas

Dr. Jim Hector

Dr. Kip Sullivan

Dr. Quint Thurman

Dr. Bill Kibler