

## **PE 1306-002**

### **First Aid**

**Fall 2019**

#### **Anya Malloch, MS, LAT, ATC - Lecturer - Kinesiology**

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**Office Hours:** Monday and Wednesday- 9AM or **by appointment**

**Suggested Text:** Heartsaver® First Aid CPR AED Student Workbook (EC15-1018)

**Class Meeting:** M, W, F @ 10 AM to 10:50 AM

#### **Course Description**

An introductory course in the field of Kinesiology. Included will be the history of physical education and sport; health-related fitness concepts; nutrition for sport and athletics; career opportunities in Kinesiology; and objectives and principles of Kinesiology. **There is a \$5 (US dollar) fee for CPR Card.**

#### **Style of Teaching**

The objectives of this course will be met through an integrated teaching style that will include discussion, use of pop quizzes and PowerPoint presentations. Students will be encouraged to remain actively involved in class discussions and will be responsible for reading all assigned material for this class.

#### **Program Learning Outcomes**

The purpose of this course is to provide an in-depth study of the principles of safety and first aid. The student will be able to identify an emergency and be able to explain a safe scenario. The student will be able to apply skills learned in the class and be prepared for real life scenarios. The student will be able to evaluate safety situations and become CPR certified through this course.

#### **Learning Objectives**

##### **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.

#### ***Athletic Training Competencies***

##### PREVENTION

11. Principles of an effective heat illness prevention program including those pertaining to acclimatization and conditioning, fluid and electrolyte replacement, selection of clothing, monitoring of weight loss, and scheduling organization of practice sessions.
12. Normal thermos-regulator mechanisms of the human body including methods of heat dissipation and the associated effects of exposure to high environmental heat and humidity and the use of various clothing materials.
15. Assessment of systolic and diastolic blood pressure through the use of a sphygmomanometer.

##### CLINICAL ASSESSMENT

27. Respect for the injured athlete as an individual deserving of quality professional health care.
28. Acceptance of the injured athlete's physical complaints without personal bias or prejudice.

##### ACUTE CARE

2. Typical community based emergency health care delivery plans including communication and transportation systems.
3. Legal, moral, and ethical parameters which define the scope of first aid and emergency care and identify the proper role of the licensed athletic trainer/1<sup>st</sup> responder.
4. Typical administrative policies and procedures governing first aid and emergency care including those pertaining to parental consent, notification of parents, accident reports, and record keeping.
5. Availability and purpose of contemporary first aid and emergency care equipment and supplies and commonly recommended contents of emergency care field kits.
6. Accepted first aid and emergency care procedures for acute athletic injuries / illnesses.
7. Application of first aid procedures for closed soft tissue injuries including the use of pressure bandages, ice, and elevation.
8. Control of external bleeding including application of direct pressure, arterial pressure, and application of dressings and bandages.
9. Application of aseptic techniques in the management of open wounds (sterilization procedure, wound cleansing / debridement, dressing and bandaging).
10. Application of immobilization devices including cervical collars, spine boards, fixation and traction splints, shoulder immobilizers, and slings.
11. Performance of cardiopulmonary resuscitation (CPR) techniques including assessment of level of consciousness and vital signs and identification and removal of airway obstructions due to anatomical or mechanical causes.
12. Use of short distance transportation methods including walking assists, manual carries, and transfers from ground / floor to spine board.

13. Acceptance of the professional, ethical, and legal parameters which define the proper role of the licensed athletic trainer in the first aid and emergency care of athletic injuries / illnesses.

14. Appreciation of the importance of developing a thorough, comprehensive athletic injury emergency care plan and the need for continual review and practice of emergency care procedures.

15. Realization of the injured athlete's physical, emotional, and psychological dependence on the licensed athletic trainer as an initial health care provider.

## **Attendance**

Attendance for class is mandatory

## **GRADING POLICIES/TESTING/ASSIGNMENTS/ATTENDANCE/EXPECTATIONS**

Grade calculation	Grade (Points)	Grading Scale	
Class attendance/Participation/Pop Quizzes/Labs/Discussions	40%	90 and Above	A
CPR Certification	20%	79 to 89%	B
Exams – Mid-term / Final	40%	69 to 79%	C
		59 to 69%	D
Total percentage of grade	100%	59% and Below	F

**No Late Assignments Will Be Accepted.**

**No Credit Will Be Given For Any Late Assignments.**

### **Attendance Policy:**

- If you are more than **10 minutes** late for class, you will be counted as "ABSENT".
- Make-up work is permitted for excused absences ONLY and must be completed by the next class period.
- Your instructor must be notified in writing in advance of any requested "EXCUSED" absences.
- Notify instructor via email/phone in advance of any absences that may occur. If it is a death in the family an obituary must be given to the instructor upon return to class in order for the absence to be excused.
- If you miss class due to a sickness and you go to the doctor, a doctor's note must be produced to the instructor within **48 hours** of the missed class. After 48 hours, the absence will remain unexcused.

### **Excessive Absence Policy:**

**The instructors may, at their discretion, drop a student from a course when the student has a total of 9 absences.** A student who is dropped from a course for excessive absences will be notified in writing by the Center for Enrollment Services after the drop has been approved by the Provost and Vice President for Academic and Student Affairs. Any student dropped for excessive absences will receive an “F” for the course.

### **Unannounced Quizzes:**

Throughout the semester, there will be a total of 4 unannounced (“pop”) quizzes over material that has been previously covered. Dates of quizzes will not be known to students in advance; therefore, it is important that you keep up with assigned readings and material covered in class.

### **Accidents & Injuries**

In the case of bodily or personal property damage, the Kinesiology Department will not be held responsible. The student must report any field experience related injury or illness to the Instructor immediately. Any expense incurred due to injury or illness will be the student’s responsibility.

### **Academic Integrity Statement**

Academic integrity represents the choice to uphold ethical responsibility for one’s learning within the academic community, regardless of audience or situation.

### **Academic Civility Statement**

Students are expected to interact with professors and peers in a respectful manner that enhances the learning environment. Professors may require a student who deviates from this expectation to leave the face-to-face (or virtual) classroom learning environment for that particular class session (and potentially subsequent class sessions) for a specific amount of time. In addition, the professor might consider the university disciplinary process (for Academic Affairs/Student Life) for egregious or continued disruptive behavior.

### **Academic Affairs Service Statement**

Sul Ross faculty, staff, and students are expected to model responsible citizenship through service activities that promote personal and academic growth while enhancing the university, local, regional, national, and global communities. These activities will foster a culture of academic/public engagement that contributes to the achievement of the university’s mission and core values.

### **Academic Excellence Statement**

Sul Ross holds high expectations for students to assume responsibility for their own individual learning. Students are also expected to achieve academic excellence by:

- Honoring the core values of Sul Ross.
- Upholding high standards of habit and behavior.
- Maintaining excellence through class attendance and punctuality.
- Preparing for active participation in all learning experiences.
- Putting forth their best individual effort.
- Continually improving as independent learners.
- Engaging in extracurricular opportunities that encourage personal and academic growth.
- Reflecting critically upon feedback and applying these lessons to meet future challenges.

### **ADA Statement**

Sul Ross State University is committed to equal access in compliance with the Americans with Disabilities Act of 1973. It is the student's responsibility to initiate a request for accessibility services. Students seeking accessibility services must contact Mary Schwartz, M. Ed., L.P.C., in Counseling and Accessibility Services, Ferguson Hall, Room 112. The mailing address is P.O. Box C-122, Sul Ross State University, Alpine, Texas 79832. Telephone: 432-837-8691. E-mail: [mschwartz@sulross.edu](mailto:mschwartz@sulross.edu) .

### Class Schedule

<b>Week</b>	<b>Monday</b>	<b>Wednesday</b>	<b>Friday</b>	<b>Subjects</b>
<b>Week 1</b>	26-Aug	28-Aug	30-Aug	Class introduction; What is First Aid and CPR
<b>Week 2</b>	<b>9/2 No Class</b>	4-Sep	6-Sep	Scene Safety; CPR
<b>Week 3</b>	9-Sep	11-Sep	<b>9/13 No Class</b>	CPR
<b>Week 4</b>	16-Sep	18-Sep	20-Sep	CPR
<b>Week 5</b>	23-Sep	25-Sep	27-Sep	CPR and Testing
<b>Week 6</b>	30-Sep	2-Oct	<b>10/4 No Class</b>	Body Systems
<b>Week 7</b>	7-Oct	9-Oct	11-Oct	Bleeding/ Shock
<b>Week 8</b>	14-Oct	16-Oct	<b>10/18 No Class</b>	Wounds/burns/soft tissue
<b>Week 9</b>	21-Oct	23-Oct	25-Oct	Review/Mid Term Exam
<b>Week 10</b>	28-Oct	30-Oct	1-Nov	Environment injury
<b>Week 11</b>	4-Nov	6-Nov	<b>11/8 No Class</b>	Fractures/Splinting
<b>Week 12</b>	<b>11/11 No Class</b>	13-Nov	15-Nov	Head/Neck Injury
<b>Week 13</b>	18-Nov	20-Nov	22-Nov	Drags/Assists/Carries/Spine Board
<b>Week 14</b>	25-Nov	<b>11/27 Thanksgiving</b>	<b>11/29 Thanksgiving</b>	Poisoning/Bites/Stings
<b>Week 15</b>	2-Dec	4-Dec	<b>12/6 Dead Day</b>	Sudden Illness
<b>Finals</b>				



**PE 1306 SYLLABUS CONTRACT – FALL 2019**

*(To be printed out, signed and returned to your PE 1306 Instructor  
no later than Friday, August 30, 2019)*

I, \_\_\_\_\_, have read and understand all of the sections of the syllabus. By signing this form, I am agreeing to abide by the terms and policies listed in this syllabus.

Further, I recognize that the syllabus may be changed by my instructor during the semester, but understand that I will be informed in writing of any substantive changes to assignments or grading procedures associated with this course.

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Signature

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Date