

# PE 1306-001 - First Aid Spring 2020

## Dr. Chris Herrera, PhD, MBA Department Chair / Assistant Profession - Kinesiology

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**Office Hours:** Mon/Wed 10am-12pm & Tue/Thur 2-4pm or **By appointment**  
**Suggested Text:** Heartsaver® First Aid CPR AED Student Workbook (EC15-1018)  
**Class Meeting:** M,W, F @ 9 AM to 9:50 AM – GPC 108

### 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.

### 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, in-class activities 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.

### Physical Education 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.

### Marketable Skills -The following marketable skills are met in this course:

- Collaboration – Emphasis on professional etiquette through group activities/CPR work

# PE 1306-001 - First Aid Spring 2020

## **Attendance**

Attendance for class is mandatory. Each class will carry a point value for your presence and participation (e.g. in-class activities, discussions, etc). Tardiness will result in the following point deductions: 0-5mins = 25% deduction; 5-10min = 50% deduction; >10mins = absence.

## **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.

## **PE 1306-001 - First Aid Spring 2020**

- 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 (SRSU) is committed to equal access in compliance with Americans with Disabilities Act of 1973. It is SRSU policy to provide reasonable accommodations to students with documented disabilities. It is the Student's responsibility to initiate a request. Please contact me, Ms. Rebecca Greathouse Wren, M.Ed., LPC-S, Director/Counselor, Accessibility Services Coordinator, Ferguson Hall (Suite 112) at 432.837.8203; mailing address is P.O. Box C-122, Sul Ross State University, Alpine, Texas 79832. Students should then contact the instructor as soon as possible to initiate the recommended accommodations.

# PE 1306-001 - First Aid Spring 2020

## GRADING POLICIES/PROPOSED COURSE CALENDAR

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 For Any Late Assignments**

Week	Monday	Wednesday	Friday	Subjects
Week 1	13-Jan	15-Jan	17-Jan	Class introduction; What is First Aid and CPR
Week 2	20-Jan MLK Holiday	22-Jan	24-Jan	Scene Safety; CPR
Week 3	27-Jan	29-Jan	31-Jan	CPR
Week 4	3-Feb	5-Feb	7-Feb	CPR
Week 5	10-Feb	12-Feb	14-Feb	CPR Testing
Week 6	17-Feb	19-Feb	21-Feb	Body Systems
Week 7	24-Feb	26-Feb	28-Feb	Bleeding/ Shock
Week 8	2-Mar	4-Mar	6-Mar	Wounds/burns/soft tissue
<b>Week 9</b>	<b>SPRING BREAK</b>	<b>SPRING BREAK</b>	<b>SPRING BREAK</b>	<b>SPRING BREAK</b>
Week 10	16-Mar	18-Mar	20-Mar	<i>Review/Mid Term Exam</i>
Week 11	23-Mar	25-Mar	27-Mar	Environment injury
Week 12	30-Mar	1-Apr	3-Apr	Fractures/Splinting
Week 13	6-Apr	8-Apr	10-Apr Good Friday Holiday	Head/Neck Injury
Week 14	13-Apr	15-Apr	17-Apr	Drags/Assists/Carries/Spine Board
Week 15	20-Apr	22-Apr	24-Apr	Poisoning/Bites/Stings
Week 16	27-Apr	29-Apr	1-May No Class	Sudden Illness
Finals				

# PE 1306-001 - First Aid Spring 2020

## ***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.

**PE 1306-001 - First Aid  
Spring 2020**

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.