



SUL ROSS
KINESIOLOGY DEPARTMENT

PE 1306 001

First Aid

Spring 2022 - GPC 108 - T/Th 9:30-10:45am

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Office Hours: MW 1-4pm; T/Th 2-4pm; Or by appointment
(<https://www.schedulicity.com/scheduling/SRSN5W>)
Required Text: N/A
Digital pdf of text provided by instructor.
Physical copy may be ordered here (but not required)

[Responding to Emergencies: Comprehensive First Aid/CPR/AED Textbook | Red Cross Store](#)

Permanent link to syllabus: <https://srinfo.sulross.edu/fs/9798>

Purpose of the Course

The purpose of this course is to provide an in-depth study of the principles of safety and first aid.

Course Description

The primary purpose of the American Red Cross Responding to Emergencies: Comprehensive First Aid/CPR/AED program is to help students recognize and respond appropriately to cardiac, breathing and first aid emergencies. The courses in this program teach students the knowledge and skills needed to give immediate care to an injured or ill person and to decide whether advanced medical care is needed.

Course Student Learning Objectives

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. Upon successful completion of this course students will:

- Be able to recognize an emergency and respond appropriately
- Identify how to reduce the risk of disease transmission when giving care
- Recognize the signs and symptoms of life threatening and non-life threatening emergencies
- Demonstrate: first aid, CPR, breathing emergency care, choking for conscious and unconscious victims, spinal injury care, and AED use
- Identify special considerations for care in drug, water, disaster, remote and wilderness situations.

Certification Requirements

In order to successfully complete the course and receive certification, students must:

- Attend and participate in all class sessions. Note: If a student must miss a session, the instructor should assign the appropriate make-up work to cover the course material missed during the student's absence.
- Participate in all skill sessions.
- Demonstrate competency in all required skills and scenarios.
- Pass each section of the written exam with a score of 80 percent or better
- Pay American Red Cross Fee of \$40 to receive digital certificate

Certificate Issued and Validity Period

Upon successful completion of a course in the Responding to Emergency program, and with payment of fee (\$40) students receive American Red Cross certification specific to the course they completed. All Responding to Emergencies certifications are valid for 2 years from the date of course completion.

Physical Education Standards

Physical Education EC–12 Standard III

The physical education teacher uses knowledge of individual and group motivation and behavior to create and manage a safe, productive learning environment and promotes students' self-management, self-motivation and social skills through participation in physical activities.

Physical Education EC–12 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.

Marketable Skills

The following marketable skills are achieved in this course:

1. Students acquire *communication* skills.
2. Students acquire *collaboration* skills.
3. Students demonstrate *creativity*.
4. Students demonstrate *critical thinking*.

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).

3. The Kinesiology and Sport Science students will know how to use effective instruction and assessment to prepare physically educated individuals; understand factors relevant to learning and performance in physical education and use knowledge to promote students' development; understand the structure and purposes of physical education programs; and understand legal issues and responsibilities of physical education teachers (The Physical Education Program Domain).

Style Of Teaching:

The objectives of this course will be met through an integrated teaching style that will lecture presentations, class activities, labs, and homework assignments. Students will be encouraged to remain actively involved in class discussions and will be responsible for reading all assigned material for this class. There is an online blackboard component required for this course. No assignments shall be accepted via email and all assignments shall be turned in on blackboard or during class.

Attendance/Participation

Attendance for class is mandatory. Every class day is a grade. You will receive 100% credit for being on time and actively participating in class discussions and activities..

All Course Requirements Deadline

Due to the time requirement for grading purposes, all course requirements must be submitted/completed by the 'Course Requirements Deadline' of Wednesday in Week 15 at 11:59pm to be counted for credit towards the final letter grade in this course. There will be no exceptions to this policy. Late deductions will apply as per policy below.

Late Work Policy

Late work will be accepted. Each late assignment will be subject to a 5-10% grade reduction.

GRADING POLICIES/TESTING/ASSIGNMENTS/ATTENDANCE/EXPECTATIONS

Outcome Measure	Points Per Item	Number of Items	Available Points	Percentage of Grade
Class Participation	10	25	250	25%
<ul style="list-style-type: none">• Pop Quizzes• Labs• Discussions	10	15	150	15%
4NFHS Certifications	50	4	200	20%
Written Exams	50	2	100	10%
Skills Tests	50	2	100	10%
Final Exam	200	1	200	20%
Total/Final Grade*	-	-	1000	100%

*Letter Grading as per SRSU policy will be used in this course.

Be sure to complete all assignments by the due date.

COURSE REQUIREMENTS

I. Chapter Quizzes (e.g. Blackboard Study Questions). 15 units - Due by start of class every Tuesday

II. Class Participation Attendance and active participation is required to earn daily credit.

III. Homework assignments. Four (4) available - Online Certifications x4

IV. Written Exams. Two (2) tests will be given and one final exam (e.g. Blackboard tests)

V. Skills Tests Two (2) skills tests will be administered.

SPRING 2022 - PE 1306 - COURSE CALENDAR

Week	Date	Textbook Chapter	Content	Due
1	1/10-1/14		a. Class Intro b. Goal Setting & Time Management	Worksheets
2	1/17-1/21	Chapters 1-3	a. If Not You... Who? b. Responding & Before Giving Care	SQ 1-3
3	1/24-1/28	Chapters 4-5	a. The Human Body b. Checking the Person	SQ 4-5 COVID cert.
4	1/31-2/4	Chapter 7	a. Breathing Emergencies b. cont'd	SQ 7
5	2/7-2/11	Chapter 6	a. Cardiac Emergencies b. cont'd	SQ 6 Sudden Cardiac Cert
6	2/14-2/18	Chapters 8-9	a. Bleeding b. Shock	SQ 8-9
7	2/21-2/25	TEST #1	a. Skills Test #1 b. Cont'd	Written Test #1 - BB
8	2/28-3/4	Chapters 10-11	a. Soft Tissue Injuries b. Musculoskeletal Injuries	SQ 10-11
9	3/7-3/11	SPRING BREAK		
10	3/14-3/18	Chapters 12 & 14	a. Injuries to the Extremities b. Injuries to the Chest, Abdomen, & Pelvis	SG 12 & 14
11	3/21-3/25	Chapters 13 & 20	a. Head, Neck & Spinal Injuries b. Water Related Emergencies (POOL)	SG 13 & 20 Concussion Cert
12	3/28-4/1	Chapters 15-17	a. Sudden Illnesses b. Poisoning / Bites & Stings	SG 15-17
13	4/4-4/8	Chapters 19 & 23	a. Heat & Cold Related Illnesses b. Disaster, Remote & Wilderness Emer.	SG19 & 23 Heat Illness Cert
14	4/11-4/15	TEST #2	a. Skill Test #2 b. Cont'd	Written Test #2 - BB
15	4/18-4/22	Chapter 18 & 22	a. Substance Abuse & Misuse b. Special Situations	SG 18 & 22
16	4/25-4/29	Ch. 1-23	Last Class Day (Tues) - Final Skills Challenge	

UNIVERSITY POLICIES

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.

SRSU Library Info

The Bryan Wildenthal Memorial Library in Alpine. Offers FREE resources and services to the entire SRSU community. Access and borrow books, articles, and more by visiting the library's website, library.sulross.edu. Off-campus access requires logging in with your LoboID and password. Librarians are a tremendous resource for your coursework and can be reached in person, by email (srsulibrary@sulross.edu), or phone (432-837-8123).

Disability Statement

SRSU Disability Services. 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 each semester for each class. Alpine students seeking accessibility/accommodations services must contact Mary Schwartz Grisham, M.Ed., LPC, SRSU's Accessibility Services Coordinator at 432-837-8203 (please leave a message and we'll get back to you as soon as we can during working hours), or email mschwartz@sulross.edu. Our office is located on the first floor of Ferguson Hall (Suite 112), and our mailing address is P.O. Box C-122, Sul Ross State University, Alpine, Texas, 79832.

Academic Integrity Statement

Students in this class are expected to demonstrate scholarly behavior and academic honesty in the use of intellectual property. A scholar is expected to be punctual, prepared, and focused; meaningful and pertinent participation is appreciated. Examples of academic dishonesty include but are not limited to: Turning in work as original that was used in whole or part for another course and/or professor; turning in another person's work as one's own; copying from professional works or internet sites without citation; collaborating on a course assignment, examination, or quiz when collaboration is forbidden.

Classroom Climate of Respect

Importantly, this class will foster free expression, critical investigation, and the open discussion of ideas. This means that all of us must help create and sustain an atmosphere of tolerance, civility, and respect for the viewpoints of others. Similarly, we must all learn how to probe, oppose and disagree without resorting to tactics of intimidation, harassment, or personal attack. No one is entitled to harass, belittle, or discriminate against another on the basis of race, religion, ethnicity, age, gender, national origin, or sexual preference. Still we will not be silenced by the difficulty of fruitfully discussing politically sensitive issues.

Diversity Statement

I aim to create a learning environment for my students that supports a diversity of thoughts, perspectives and experiences, and honors your identities (including race, gender, class, sexuality, religion, ability, socioeconomic class, age, nationality, etc.). I also understand that the crisis of COVID, economic disparity, and health concerns, or even unexpected life events could impact the conditions necessary for you to succeed. My commitment is to be there for you and help you meet the learning objectives of this course. I do this to demonstrate my commitment to you and to the mission of Sul Ross State University to create an inclusive environment and care for the whole student as part of the Sul Ross Familia. If you feel like your performance in the class is being impacted by your experiences outside of class, please don't hesitate to come and talk with me. I want to be a resource for you.

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.